



Job Aid

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How to use a Aero Workplace First Aid Kit

The purpose of a first aid kit is to provide a first response during workplace accident or injury.

Contents

AEROPLAST Plastic Plaster 72x19mm
AEROBURN Burn Gel Sachet 3.5g
AEROSWAB Gauze Swabs 7.5cm x 7.5cm 3's
AEROWIPE Cleansing Wipe
AEROPAD Low Adherent Dressing 10cm x 10cm
AEROPAD Eye Pads
AEROFORM Conforming Bandage 5cm x 4M
AEROFORM Conforming Bandage 7.5cm x 4M
AEROFORM Heavyweight Conforming Premium 10cm x 4m
AEROWOUND BPC Wound Dressing #13
AEROWOUND BPC Wound Dressing #14

AEROBURN Burn Gel Dressing 10x10cm
AEROWASH Eye Wash Liquid Ampoule 15ml
AEROGLOVE Nitrile Examination Gloves
AEROSHIELD CPR Face Shield
AEROBAND Triangular Bandage 110 x 110 x 155cm
AEROPORE Microporous Tape 2.5cm x 5M
AEROINSTRUMENTS Scissor 13cm
AEROINSTRUMENTS Tweezer 11cm
AERORESCUE Emergency Rescue Blanket
AEROSUPPLIES Notebook & Pen
AEROPINS Safety Pin
AEROGUIDE First Aid Leaflet

Basic life support and CPR

Bleeding

D Dangers?
Ensure the area is safe for yourself, others and the patient.

R Responsive?
Check for a response: ask name, squeeze shoulders.
No response? Send for help.
Response? Make comfortable and monitor response.

S Send for help
Call triple zero (000) for an ambulance or ask another person to make the call.

A Open Airway
Open the mouth and check the airway for foreign material.
Foreign material? Place in the recovery position and clear the airway. No foreign material? Leave in position.
Open the airway by tilting the head back with a chin lift.

B Normal Breathing?
Check for breathing: look, listen, feel for 10 seconds.
Not normal breathing? Ensure an ambulance has been called and start CPR.
Normal breathing? Place in the recovery position and monitor breathing.

C Start CPR
30 chest compressions. 2 breaths.
Continue CPR until help arrives or the patient starts breathing.

D Attach defibrillator (AED)
and follow the voice prompts.

First Aid For Bleeds

- Barrier**
Put gloves on if available (fig.1)
- Locate & Examine**
look for any foreign object (fig.2)
- External Direct Pressure**
Keep pressure on the wound (fig.3)
- Elevation**
Elevate wound above the level of the heart (fig.4)

Dressing
Apply one dressing at a time up to maximum of two if blood should through both dressings remove them and apply a new dressing (fig.4)

Poisoning



May be swallowed, inhaled or enter skin or eye.

1. Determine source of poison- take photo or locate container
2. If swallowed, do not induce vomiting
3. If eye splash, flush for 15 mins with cool running water
4. Remove contaminated clothing from skin and shower with cool running water (safety shower)
5. If inhaled, get person to fresh air, avoid breathing in fumes, open doors and windows, if patient isn't breathing start resuscitation.

Consult this web resource for specific treatment advice: [wikitox:core information \[WikiTox\]](#)

Burns

First Aid for burns

S Strip hot clothes & jewellery. 

T Turn on cool tap (never use ice). Run burn under cool water for 10 minutes. Keep the rest of the person warm. 

O Organise medical assistance (999, A&E, GP). 

P Protect burn with cling film or clean cloth (Do not use dressings, fluffy cloth, creams or lotions). 

Foreign Bodies in the Eye



If irrigation is unsuccessful and the particle is on the white of the eye or eyelid, gently lift the particle off using a moistened cotton bud or corner of moistened bandage or cloth.

If still unsuccessful, cover the eye with a clean pad, ensuring no pressure is placed over the eye and seek medical attention.