



FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

CARING FOR THE HEAD AND NECK

IMPORTANT NOTE:

The neck is very important. It protects the beginning of the spinal cord which sends messages to the rest of the body from the brain, in order for the body to function.

If the neck is damaged, then the rest of the body below the injury may never function again.

THE FOLLOWING ACCIDENTS CAN CAUSE SPINAL INJURIES:

- History of falling from a height
- Motor vehicle accident
- Diving into shallow water

WHAT YOU SHOULD DO:



1. Keep the patient's head still and have someone support the head and neck with hands until an ambulance arrives.

2. If the patient is unconscious, keep their head and neck aligned and carefully roll patient into the recovery position.

WHAT YOU SHOULD NOT DO:

- ❌ **Do not** remove the patient from a vehicle after a motor vehicle collision unless their life is at risk such as if the vehicle was on fire or people are becoming violent.
- ❌ **Do not** move the patient's head around.

WHAT YOU SHOULD AVOID:

- ❌ **Avoid** letting go of the patient's head until the ambulance arrives or medical attention can be obtained.

