

EMERGENCY FIRST AID

First Aid information supplied by St John Ambulance Australia. However, information is no substitute for first aid training. For details of St John first aid courses in your State/Territory, please ring 1300 360 4553.

The St John Action Plan: **DRABC**

- D** Check for **DANGER** – to you, the casualty and others. Only move the casualty if necessary.
- R** Check for **RESPONSE** – shake gently and shout. If conscious, check for other injuries.
- A** If unconscious, turn on side and check **AIRWAY**. Clear any loose material in mouth.
- B** Check for **BREATHING**. Look for chest rise and fall; listen for breath sounds; feel for breath on cheek or hand. If **NO BREATHING**, roll casualty on back. Tilt head and lift jaw to open airway. Seal nose, cover mouth, give up to 5 breaths to achieve at least 2 effective breaths, each of which makes the chest rise and fall. If there **IS BREATHING**, put casualty in stable side position and check for other injuries.
- C** Check for **CIRCULATION**. Feel for carotid pulse in groove beside Adam's apple for no more than 10 seconds. If there is a pulse, continue **EAR** (mouth to mouth breathing) at 15 breaths per minute (adult) or 20 per minute (child or infant) until casualty starts breathing or help arrives. Check pulse regularly to make sure it is still there. Full breaths for adult, blow gently for child, puff lightly for infant. If **NO PULSE**, start CPR (cardiopulmonary resuscitation), or call for help if you do not have this skill.

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EMERGENCY FIRST AID continued

CPR Rate

Adult – 15 compressions, two breaths = 1 cycle, 4 cycles per minute.

Child or infant – 5 compressions, one breath = 1 cycle, 12 cycles per minute. Press on lower half of breastbone.

Compression Depth

Adult – 5cm, using 2 hands.

Child (1 to 8 years) – 1/3 depth of chest, using 2 fingers only.

AMBULANCE, FIRE, POLICE

Dial **000** (Free call)

For further information contact:

Phone: 03 8544 1600 Fax: 03 8544 1699
Country and Interstate callers Toll free 1800 672 146
Email: claims@fitzpatrick.com.au

631 Waverley Rd, Glen Waverley Vic 3150
PO Box 2230 Mt Waverley Vic 3149
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FITZPATRICK & CO
INSURANCE BROKERS PTY LTD

What to do in the event of an accident!

FITZPATRICK & CO
INSURANCE BROKERS PTY LTD

IN THE EVENT OF AN ACCIDENT

1 Stop

even if your vehicle is undamaged.

2 Check for injuries

and call 000 for an ambulance if anyone is injured. Apply first aid (see opposite) if required.

3 Get details

of the other driver and at least one witness if possible. Use the forms included with this brochure.

4 Call police

if someone is injured if required by law.

5 Call Fitzpatrick & Co

to lodge a claim and make arrangements for your vehicle to be repaired.

Ph: (03) 8544 1600

6 Undrivable

If your vehicle is undrivable, arrange for the vehicle to be towed to a repairer or a place where you can store the vehicle safely.

OR

7 Drivable

If you consider your vehicle safe to drive, call us at your earliest convenience and we will advise you of the next step.

8 Remember

Never accept blame for an accident and there is no need to insist others are at fault.

ACCIDENT DETAILS

Other driver

Registration plate number _____

Name of other driver _____

Address _____

_____ Post Code _____

Licence No _____

State of issue _____

Contact Numbers

Work _____

Home _____

Mobile _____

Insurance company _____

Where did the accident happen?

(e.g. suburb/street/cross-street)

Date _____ Time _____

Details of damage to other driver's vehicle _____

Name of Police Officer _____

Station _____

WITNESS TO ACCIDENT

Witness details

Name of witness _____

Address _____

_____ Post Code _____

Contact Numbers

Work _____

Home _____

Mobile _____

Was the witness an occupant of your vehicle?

Yes No

Draw a simple diagram

- 1 Mark your vehicle as A
- 2 Mark other vehicles involved as B, C, D or 1, 2, 3
- 3 Name the streets and any landmarks



This basic diagram may help.
Or draw a diagram on a separate sheet of paper.