



MEDIA RELEASE

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First aid safety on the roads this Christmas

Help reduce the road toll this Christmas period by obeying the road rules and being aware of what to do if you encounter a road accident.

Much can be done at the scene of a roadside accident to ensure the best possible outcome for any casualties. St John, Australia's first aid specialist, has developed a simple action plan to follow in the event of a road accident.

"Immediate and correct first aid at the scene of road accidents can significantly increase the chance of survival of any casualties," said Robyn Galwey, General Manager- Training, St John (NSW).

What to do when you arrive at an accident where people are injured:

- Direct someone to call 000 for an ambulance.
- Check that there is no danger to you, safely park your car and put the hazard lights on. Light up the scene at night with headlights.

What to do with the injured person:

- Are they conscious or unconscious?
- If conscious ask them to take a big breath to see if they can breathe easily.
- With unconscious casualties it is imperative that they have a clear and open airway. If they can't breathe easily in the position they are in roll them on their side to open the airway; or if trapped in the car lift their chin off the chest.
- Stop any bleeding with direct pressure over the wound, use clothing, towels or a first aid pad.
- Look for other injuries and stabilise the head with your hands to protect the head and neck.

Manage the casualty, wherever possible, in the position found unless it is dangerous to do so.

St John recommends that every car should carry a first aid kit in case of emergencies. For further information or to learn first aid, contact St John on 1300 360 455 or www.stjohnnsw.com.au.

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