



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

DROWNING PREVENTION

IMPORTANT NOTE:

Drowning in water can happen:

- **Very quickly – sometimes over a few seconds when children are not supervised**
- **Even with very experienced swimmers**
- **Commonly when swimming intoxicated with alcohol**



WHAT YOU SHOULD DO:

1. Prioritise breathing and then heartbeat (DRSABC) – perform chest compressions if the person is not responding.
2. Call for an ambulance straight away on 111 or 303 1000 direct

PREVENTION:

1. Always supervise children at all times near water, even if it is just a bathtub or small pool and even if they can swim
2. Read beach safety sign and think about the weather before swimming
3. Do not drink alcohol before swimming
4. Make sure all swimming pools have a child-proof fence
5. Wear life jackets if you are not a strong swimmer
6. Improve your swimming skills and first aid skills through a class



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