

# BEFORE OTHER HELP ARRIVES



## 1. Make the scene safe

- ✔ Protect yourself, bystanders and casualty from further injury.
- ✔ Use hazard lights as warning signals and turn off the ignition in the crashed vehicles.
- ✔ Use headlights to light the area at night.
- ✔ Ensure nobody smokes.
- ✔ If power lines are touching a vehicle, stay away (8 meters) and keep other people away.

## 2. See who is injured

- Check in and around vehicles to see how many people are injured.
- Check if anyone is unconscious. Give them priority.
- Only remove unconscious victims if they are in danger of further injury or to give life-saving first aid.
- Encourage conscious people to stay in the vehicle – if no immediate danger.
- Assess the number of injured and their injuries to inform emergency services.

## 3. Assist them

- If the casualty is unconscious follow the DRSABCD procedure.
- If a casualty is conscious, stop any bleeding (see point 4).
- Comfort and reassure casualties. Do not give any food or drink of any sort.
- Have someone watch the injured in case they wander off.
- Stay calm yourself. Only move a conscious casualty if it is necessary for safety.

## 4. Stop any bleeding

- Apply pressure to the wound to restrict the flow of blood and allow normal clotting to occur (use a sterile pad or dressing).
- Elevate the bleeding limb to slow the flow of blood and encourage clotting.
- If the victim feels numbness, tingling or pain near the bandaged area, the bandage is too tight. Loosen it. Do not use a tourniquet.
- Don't remove foreign objects from bleeding wounds. Apply pads and bandages around the broken skin and seek medical aid.

## 5. Send for help

- Phone 000 to access emergency services and tell them:
  - Which services are needed – ambulance, police, fire engine.
  - Where the crash is using road names, kilometre posts, signs or landmarks
  - How many people are injured, what the injuries are and if anyone is trapped
  - If any power lines are down.
- Stop passing pedestrians or motorists for help but do not leave an unconscious casualty alone.



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