



Frequently Asked Questions

FIRST AID:

Where can you get a first aid kit?

You can purchase first aid kits from Life Saving Victoria's Online Shop!

What do you do once you finish helping the patient and you are waiting for emergency services?

Stay calm and continue monitor and reassure the patient.

Do you still follow DRSABCD?

Always follow DRSABCD. Your safety is number one!





Frequently Asked Questions

BLEEDING:

When should I call triple zero?

In an emergency such as someone seriously injuring themselves, life or property is threatened or if you have seen a serious accident or crime.

What happens if the blood comes through the bandage?

Apply more pressure directly on and around the injured site.

What if the person collapses?

Follow DRSABCD! If they are breathing normally, lay the patient on their side and monitor.





Frequently Asked Questions

BURNS:

How long should you keep running water on?

For up to 20 minutes.

What happens if there is dirt or rocks in the cut?

Carefully rinse the injured area with fresh running water.

What if there is an actual flame on someone?

Stop, Drop, Cover and Roll. Don't forget to call 000 (Triple Zero).





Frequently Asked Questions

BREAKS:

What happens if I injure my ankle and I can't tell if it's a break or just swollen and sore?

Rest, Ice, Compress, Elevate & Refer to medical advice (R.I.C.E.R)

What do I do if I see a broken arm and it's completely in the wrong position?

Rest and reassure the patient while supporting the arm in the position found, until the ambulance arrives.

Can I try to straighten the area which is hurt if the person asks me to because it is painful?

No. As we don't have x-ray vision we can't see the extent of the injury inside the patient! So best to support in the most comfortable position – usually as found.





Frequently Asked Questions

GENERAL:

How do I share my photos / videos?

We would love to see your skills in practice. Please share any photos / videos via our social media pages using the hashtag - #watersafetyathome. You can also email education@lsv.com.au.

Do you get a certificate?

Yes! You can receive a certificate of Participation at the completion of the workshop by visiting our website; www.lsv.com.au/watersafetyathome. We like to fill in our name, print and then laminate it to put on the fridge!

Is this workshop accredited?

No, this workshop is not accredited. Our training team offer a range of accredited training courses including CPR and First Aid. Visit www.lsv.com.au/training to find out more.





Frequently Asked Questions

GENERAL:

Are there any other resources available to continue our learning and keep practicing our skills?

Yes. We have several different resources to support your ongoing learning on our website including a workbook with an answer book and a video of a scenario so you can keep practising! Visit www.lsv.com.au/watersafetyathome.

The workshop was great! Can I provide feedback?

Absolutely! We would love to receive your feedback, both positive and constructive. Click here: https://www.surveymonkey.com/r/WS_at_Home

Where do you get your information about CPR and First Aid from?

We follow the ARC Guidelines. Here is the link: <https://resus.org.au>

Do you have any other questions? Feel free to send them to education@lsv.com.au



**FIRST AID FOR KIDS
@HOME**