



Ambulance Service of New South Wales

media release

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First on Scene? First Aid Helps!

One question Ambulance Officers are often asked is "what should I do if I arrive first at a car accident?"

This can be a daunting experience, but you need to stay calm and do your best to help the people involved in the accident, as long as it is safe for you.

What you do initially can not only save lives, but prevent others from being injured.

- **if you see a serious car accident, call Triple Zero and ask for Ambulance**
- don't panic, remain calm and use common sense
- avoid any potential danger – don't become a victim yourself
- be aware of the traffic – remember that you are on the road!
- be vigilant for fallen power lines, leaking fuel and debris around the vehicle
- if you have learned first aid, put your skills to use. If you don't know first aid, the Ambulance Triple Zero operator can give you advice.

Important points to remember when applying first aid are:

- DO NOT remove a patient from a vehicle unless they are in immediate danger (eg. there is an imminent risk of explosion)
- control bleeding by applying direct pressure to the wound. Do not use tourniquets
- Remember the possibility of spinal injuries, keep the patient as still as possible
- never give an injured person food or drink
- Keep the patient as warm as possible until the ambulance arrives.
- DO NOT BECOME A VICTIM. You cannot help anyone else if you are injured.

This advice is not a substitute for attending a first aid course. Ambulance encourages all persons to undertake a first aid course run by an accredited first aid provider.

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For further information or local media opportunities please contact Ambulance Media on (02) 9320-7796.