

**MEDIA RELEASE**  
**St John Ambulance (Qld)**

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St John Ambulance (Qld)  
total first aid solutions.

## **St John volunteers on call as Dylan looms**

St John Ambulance (Qld) volunteers have now been activated to staff three evacuation centres in Townsville, ahead of the extreme weather conditions expected from Cyclone Dylan.

While many people rely on medical services for treatment of injuries, access to regular services could be delayed in a storm or cyclone.

St John (Qld) State Emergency Health Services Coordinator Daniel Kuhn said the volunteers will play a vital role in ensuring hospitals are not inundated with patients, as well as ensuring the people of Townsville are kept safe.

"St John (Qld) volunteers have accreditations ranging from first aiders and first responders, right up to paramedics and doctors," he said.

"Our volunteers will be present at evacuation centres across Townsville to assist those with minor injuries as well as patients with more urgent issues," he said.

Daniel said in the event of an evacuation, it was important for people to remember to bring their medications.

"In the stress of an emergency, medications are often forgotten, which could lead to very serious consequences."

St John Ambulance is committed to the safety of all Queenslanders, and is urging all coastal residents to prepare their emergency kit and refresh their first aid skills.

"It's the people we are closest to that we're putting at risk if we don't take the time to learn basic first aid," he said. "First aid really does mean a second chance."

Daniel said homes in storm prone areas should also have a fully stocked first aid kit, with a spare one kept in the car.

"First aid kits in the home and car should be checked regularly to ensure expired and used supplies are replaced," he said.

**Important storm tips on page overleaf.**

**St John Ambulance Australia (Qld) | ABN 74 264 019 231**

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## **St John (Qld) first aid tips for stormy weather – be prepared**

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- Ensure you have a first aid kit, complete with torch and battery operated radio, and that its contents are up-to-date.
- Know and follow the DRSABCD action plan for the management of an unconscious casualty (including drowning) to protect yourself and others:
  - Danger – check for danger, to you, to others and to the casualty.
  - Response – check for a response.
  - Send for help. Call triple zero '000' for ambulance.
  - Airway – make sure the airway is clear and open.
  - Breathing – check for breathing and signs of life.
  - CPR – commence CPR if there are no signs of life. Alternate 30 compressions with 2 breaths until medical help arrives.
  - Defibrillation – apply defibrillator, if available.

## **Soft tissue injuries, strains and sprains – RICE management:**

1. R - Rest the casualty and the injured part
2. I - Ice packs wrapped in a wet cloth – 15 minutes on, re-applied every 2 hours
3. C - Compression bandages should extend beyond the injury
4. E - Elevate the injured part

## **Management of fractures:**

1. Do not move the injured part
2. Immobilise in a comfortable position
3. Watch for loss of circulation to hands / feet

## **Heat induced conditions:**

1. Move casualty to a cool place.
2. Remove unnecessary garments.
3. Sponge with cold water.
4. Give fluids to drink.
5. Seek medical aid if casualty vomits or does not recover promptly.
6. Heat Stroke – follow DRSABCD, apply cold packs to groin, neck and armpit, cover with wet blanket and call triple zero '000' for ambulance. If casualty is fully conscious, give fluids.

## **Cold induced conditions:**

1. Move casualty to a warm place.
2. Protect from the environment.
3. Remove wet clothing.
4. Do not give alcohol.
5. Provide warmth.

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### Management of bleeding:

1. Act quickly.
2. Lay the casualty down.
3. Apply firm pressure to the wound.
4. Raise and restrict movement of the injured part.
5. Never use cotton wool as a first aid material as the cotton fibres can cause complications in wound healing.

### Management of burns:

1. Extinguish burning clothing.
2. Cool the burnt area for up to 20 minutes.
3. Cover with a non-stick sterile dressing.
4. Never put a lotion on a burn.

Learn first aid. Having basic first aid knowledge enables individuals to deal with emergency situations and can save lives.

For your nearest St John office visit [www.stjohnqld.com.au](http://www.stjohnqld.com.au) or phone 1300 360 455

*Photo ops and interviews are available upon request.*

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