



MEDIQ FIRST AID

**THE SMART
CHOICE IN FIRST
AID AND YOUR
PREMIER SOURCE
OF FIRST AID KITS.**

We are dedicated to giving you the best in class first aid kit solutions, with a focus on quality and reliability offering peace of mind in case of injury.

MEDIQ First Aid belongs to the Paramount Safety Products family, originally founded in 1992 by Mr. Rob Bird and has come a long way from its humble beginnings in Perth WA.

We are proudly Australian owned and operated. Paramount Safety Products has an enviable service record supplying quality safety products into the Australian and New Zealand markets.

We are a truly dedicated wholesaler providing unrivalled customer experience to our distributors. When reviewing your first aid requirements or seeking a solution for your safety requirements please consider MEDIQ First Aid.

If you have any questions please feel free to contact us, we are always glad to assist.



GENERAL INFORMATION

MEDIQ first aid kits are stocked and available from all our distribution centres. They are specifically produced to cater for all workplace applications and industry segments including construction, education, electrical, farms, homes, hospitals, manufacturing, mining, transport, utilities and warehousing.

Compliance and product quality

MEDIQ First Aid of Paramount Safety Products are listed with the Australian Register of Therapeutic Goods (ARTG) which is recognised in Australia and New Zealand for a group of products intended to be used in the workplace, industrial and home environments.

ALL MEDIQ FIRST AID PRODUCTS MEET OR EXCEED THE CODE OF PRACTICE GUIDELINES (APPENDIX E OF THE CODE OF PRACTICE JULY 2019).

Our commitment

You have spoken and we have listened! We have been asked by you, our valued customers, to increase our safety range of products to include a quality First Aid category. We have now added MEDIQ First Aid to our portfolio of safety products. We will continue to explore new products that will complement our existing range to help you service your customers better every day.

First aid made easy

At MEDIQ we have introduced a Modular Incident Ready system that takes away the guess work during stressful injury situations by having labelled modules specific to key injury areas including (Burns, Eye, Haemorrhage, Outdoor/Snake/Spider and Minor Wounds). Traditional first aid kits are also available in various sizes, combinations and styles to meet your daily requirements.

Delivery

All orders of stocked lines dispatched next day as part of our FLOOR TO STORE FAST promise.

Customisation

Need something different? We offer bespoke solutions based on your specific requirements; minimum order quantities will apply.

IMPORTANT INFORMATION

First aid provides the initial care required by the casualty prior to the attendance of emergency services.

First aid provides the initial care required by the casualty prior to the attendance of emergency services. Therefore, it is a vital part of the process for saving lives, prevention of permanent incapacitation and may assist in early return to work and rehabilitation in the future. When rendering assistance remember to stay calm as this will help keep the casualty calm also. For all life-threatening and time-critical medical conditions call for an Ambulance or Emergency services immediately.

CALL:

AUSTRALIA: TRIPLE ZERO - 000
NEW ZEALAND: TRIPLE ONE - 111



CPR CHART

FIRST AID POINTS TO REMEMBER

D

1. DANGER

CHECK FOR DANGER:
 TO YOURSELF.
 TO OTHERS.
 AND CASUALTY.

R

2. RESPONSE

CHECK FOR RESPONSE:
 ASK CASUALTY'S NAME.
 GENTLY SQUEEZE SHOULDERS.
NO RESPONSE:
 SEND FOR HELP.
RESPONSE:
 MAKE COMFORTABLE.
 MONITOR RESPONSE.
 CHECK FOR ANY INJURIES.

S

3. SEND FOR HELP

AUSTRALIA CALL (000 - TRIPLE ZERO)
NEW ZEALAND CALL (111 - TRIPLE ONE)
FOR AN AMBULANCE OR ASK ANOTHER PERSON IF THEY ARE CLOSE BY.

A

4. AIRWAY

NO FOREIGN MATERIAL:
 LEAVE ON BACK.
 OPEN AIRWAY BY TILTING HEAD BACK.
FOREIGN MATERIAL IN MOUTH:
 PLACE IN RECOVERY POSITION.
 OPEN MOUTH.
 CLEAR FOREIGN MATERIAL WITH FINGER.
 OPEN AIRWAY BY TILTING HEAD BACK.

B

5. BREATHING

CHECK FOR BREATHING:
 LOOK, LISTEN, FEEL FOR BREATHING.
NOT BREATHING NORMALLY:
 START CPR.
BREATHING NORMALLY:
 PLACE IN RECOVERY POSITION.
 MONITOR BREATHING.

C

6. CPR

START CPR:
 30 COMPRESSIONS.
 2 BREATHS.
CONTINUE CPR:
 (30:2) UNTIL HELP ARRIVES.
DEFIBRILLATOR:
 APPLY IF AVAILABLE.

D

7. DEFIB

DEFIBRILLATOR:
 APPLY IF AVAILABLE.

F.A.S.T.

Know the symptoms of a STROKE. There is a treatment if you act FAST!



FACE

FACIAL WEAKNESS CAN INDICATE A STROKE. ASK THE PERSON TO SMILE AND OBSERVE THEIR FACE. IF THE PERSON IS HAVING A STROKE, ONE SIDE OF THEIR FACE MAY APPEAR DROOPY.



ARMS

A STROKE CAN CAUSE MUSCLE WEAKNESS, NUMBNESS, AND PARALYSIS ON ONE OR BOTH SIDES OF THE BODY. ASK THE PERSON TO RAISE BOTH OF THEIR ARMS, AND LOOK FOR SIGNS OF WEAKNESS. THEY MAY BE UNABLE TO LIFT ONE ARM. THE PERSON MAY ALSO EXPERIENCE WEAKNESS IN THEIR LEGS.



SPEECH

STROKES CAN ALSO AFFECT SPEECH AND UNDERSTANDING. ASK THE PERSON A SIMPLE QUESTION, OR GET THEM TO REPEAT A SHORT PHRASE. DIFFICULTY SPEAKING OR SLURRED SPEECH CAN INDICATE A STROKE.



TIME

IF YOU OBSERVE ANY OF THE ABOVE SYMPTOMS, SEEK IMMEDIATE MEDICAL ATTENTION. DON'T DRIVE THE PERSON TO HOSPITAL, CALL: **000 - AUSTRALIA | 111 - NEW ZEALAND** NOTIFY THE DISPATCHER YOU SUSPECT THE PERSON IS HAVING A STROKE. MAKE NOTE OF WHEN YOU FIRST NOTICED SYMPTOMS.

THE AIM OF FIRST AID

THE FIVE P'S

1. PRESERVE LIFE.
2. PROTECT INJURED FROM FURTHER HARM.
3. PROVIDE PAIN RELIEF.
4. PREVENT INJURY OR ILLNESS WORSENING.
5. PROVIDE REASSURANCE TO THE CASUALTY.

REGULATORY BODIES:

For more information visit the following (reference source as follows):

- | | |
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| 1. WORK HEALTH AND SAFETY ACT
(www.legislation.gov.au) | 4. HEALTH AND SAFETY AT WORK ACT, FIRST AID,
(AUGUST 2018) (www.worksafe.govt.nz) |
| 2. HEALTH AND SAFETY AT WORK ACT 2015
(www.legislation.govt.nz) | 5. AUSTRALIAN STANDARDS (PORTABLE FIRST AID KITS FOR USE BY CONSUMERS) AS2675 -1983
Full document available from Standards Australia. |
| 3. FIRST AID IN THE WORKPLACE - CODE OF PRACTICE (JULY, 2019) (www.safeworkaustralia.gov.au) | 6. STANDARDS NZ BS8599-1:2019
(Workplace First aid Kits) |

FIRST AID AND THE RISK MANAGEMENT PROCESS

 LOW-RISK WORK	 FIRST AIDERS 1 first aider for every 50 workers	 FIRST AID KITS Basic first aid kit	 FIRST AID ROOMS Recommended for 200 workers or more
	 HIGH-RISK WORK	 FIRST AIDERS 1 first aider for every 25 workers	 FIRST AID KITS Basic first aid kit plus additional equipment identified for specific risks

 HIGH-RISK WORK	 FIRST AIDERS 1 first aider for every 10 workers	 FIRST AID KITS In addition to the basic first aid kit: <ul style="list-style-type: none"> • Heavy-duty 10cm crepe bandage for snake bites • Large clean sheeting for covering burns • Thermal blanket for treating shock • Whistle and torch or light for attracting attention • Any equipment identified for specific risks 	 FIRST AID ROOMS -
	 REMOTE HIGH-RISK WORK	 FIRST AIDERS 1 first aider for every 10 workers	 FIRST AID KITS In addition to the basic first aid kit: <ul style="list-style-type: none"> • Heavy-duty 10cm crepe bandage for snake bites • Large clean sheeting for covering burns • Thermal blanket for treating shock • Whistle and torch or light for attracting attention • Any equipment identified for specific risks

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Source: First aid in the workplace (Code of Practice) July 2019.

STEP ONE

IDENTIFY POTENTIAL CAUSES OF WORKPLACE INJURY AND ILLNESS

- Does the nature of the work being carried out pose a risk to peoples health and safety?
- Have these risks been identified in work that is being carried out?
- Do any workers or others have pre-existing medical conditions?
- Has incident, injury and illness data been reviewed?
- Have you consulted with workers and their health and safety representatives?
- Is specialist or external assistance required?

STEP TWO

ASSESS THE RISK OF WORKPLACE INJURY AND ILLNESS

- How often does a risk have the potential to cause harm?
- What types of injuries or illnesses would the risks cause?
- How serious are the injuries or illnesses?
- Does the number and composition of workers and other people affect how first aid should be provided?
- Could the size or the location of the workplace affect how first aid is provided?

STEP THREE

WHAT FIRST AID IS REQUIRED?

FIRST AIDERS

- How many first aiders are needed?
- What competencies do they require?
- What training do they need?

FIRST AID KITS AND FACILITIES

- What kits or modules are needed and where should they be located?
- Is other first aid equipment needed?
- Who is responsible for maintaining the kits?
- Is a first aid room required?

FIRST AID PROCEDURES

- What procedures are needed for the workplace?

STEP FOUR

REVIEW

- Review first aid to ensure effectiveness.

FIRST AID IN THE WORKPLACE

Providing immediate and effective first aid to workers or others who have been injured or become ill at work may reduce the severity of the injury or illness and promote recovery.

Providing immediate and effective first aid to workers or others who have been injured or become ill at work may reduce the severity of the injury or illness and promote recovery. In some instances, this could mean the difference between life and death. Persons conducting a business or undertaking (PCBU) are responsible for providing, as far as is reasonably practicable, a safe working environment and adequate facilities for the welfare of their workers.

What do I need to consider?

The risk can be considered low or high depending on the workplace.

LOW RISK A low risk workplace is one where workers are not exposed to hazards that could result in serious injury or illness. Examples of low risk workplaces include offices, shops or libraries. Potential work-related injuries and illnesses requiring first aid would be minor in nature.

HIGH RISK A high-risk workplace refers to a workplace where workers are exposed to hazards that could result in serious injury or illness and would require first aid, for example factories or motor vehicle workshops.

Summary

The 2011 Work Health and Safety Regulations place specific obligations on PCBUs to:

- Provide first aid equipment and make sure each worker has access to equipment.
- Ensure access to facilities to administer first aid.
- Ensure an adequate number of workers are trained to administer first aid in the workplace or that workers have access to an adequate number of people who are trained in first aid.
- Ensure workers are aware of information and know how to carry out first aid.

The Code of Practice on First Aid in the Workplace outlines how many first aiders different sorts of workplaces should have:

- Low risk workplaces—one first aider for every 50 workers.
- High risk workplaces—one first aider for every 25 workers.

 LOW-RISK WORK: 	 HIGH-RISK WORK: 
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(Source: https://www.comcare.gov.au/preventing/prevention/first_aid_in_the_workplace)

HIGH RISK WORKPLACE



A workplace where workers are exposed to hazards that could result in serious injury or illness and would require first aid. Examples of workplaces that may be considered high risk are ones in which workers:

- **Use hazardous machinery, for example;**
 - Mobile plant, chainsaws, power presses and lathes.
- **Use hazardous substances, for example;**
 - Chemical manufacturers, laboratories, horticulture, petrol stations and food manufacturing.
- **Are at risk of falls that could result in serious injury, for example;**
 - Construction and stevedoring.
- **Carry out hazardous forms of work, for example;**
 - Working in confined spaces, welding, demolition, electrical work and abrasive blasting.
- **Are exposed to the risk of physical violence, for example;**
 - Working alone at night, cash handling or having customers who are frequently physically aggressive.
- **Work in or around extreme heat or cold, for example;**
 - Foundries and prolonged outdoor work in extreme temperatures.

LOW RISK WORKPLACE



A workplace where workers are less likely to be exposed to hazards that could result in serious injury or illness. For example, offices, shops and libraries. Work-related injuries and illnesses requiring first aid are likely to be minor in nature.

- **Low hazard exposure, for example;**
 - No exposure to hazards that could result in a serious injury/illness (as described below) requiring immediate medical attention.
- **Business location, for example;**
 - The business is located where medical assistance/ambulance services are readily available.

(Source: As defined within the Safe Work Australia, First Aid in the workplace, code of practice July, 2019)

FIRST AID KIT SELECTION

We offer a wide range of first aid kits for you to select from after conducting First Aid and the Risk Management process for your respective workplace. Our range of traditional first aid kits include:



METAL WALL MOUNT



PORTABLE PLASTIC TACKLE BOX



SOFT PACKS

ALL KITS WITH CARRY HANDLES

In addition, we have a modular range of first aid kits that are clearly labelled and colour coded with specific first aid categories including:



EASY TO IDENTIFY

BURNS | EYE | HAEMORRHAGE | MINOR WOUNDS | OUTDOOR/SNAKE/SPIDER

These categorised modules help identify your requirements quickly in stressful first aid injury situations. At MEDIQ our kits are designed and identified as "Low" or "High" risk rating under Safe Work Australia's First Aid in the Workplace - Code of Practice (July 2019) and in New Zealand under Health and Safety At Work Act, First Aid, August 2018 - (www.worksafe.govt.nz), to meet your specific requirements.

MEDIQ'S FIRST AID RANGE

