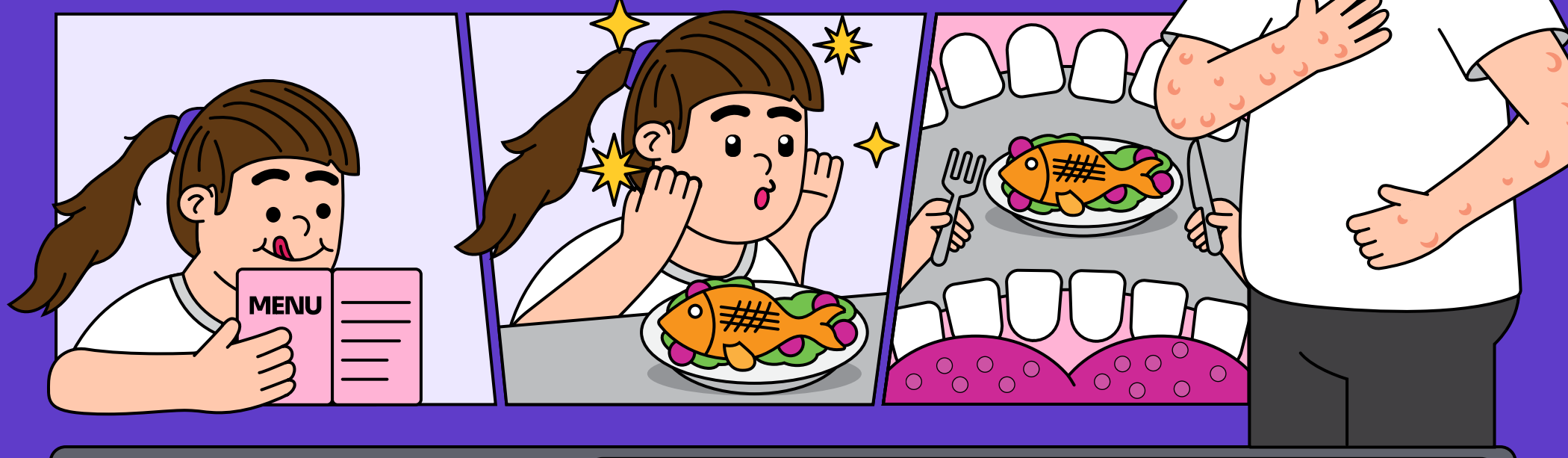
Life Saving First Aid

CPR + First Aid Training

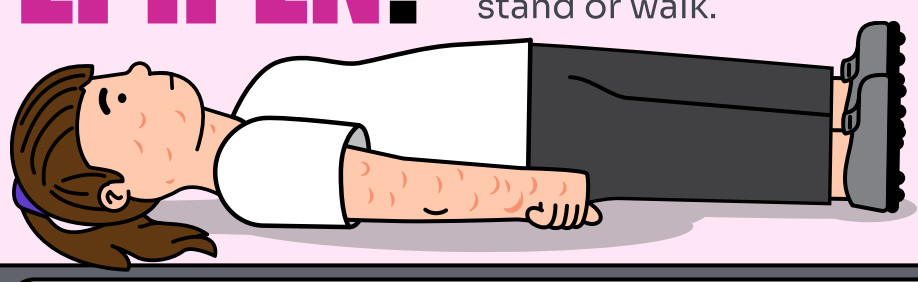
Anaphylaxis? THIS IS HOW TO USE AN EPIPEN



Anaphylaxis is a severe allergic reaction that **needs immediate attention.** Symptoms include difficulty breathing, swelling of tongue, swelling/tightness in the throat, and hives. **Use an EpiPen** right away and call 000 for an ambulance.

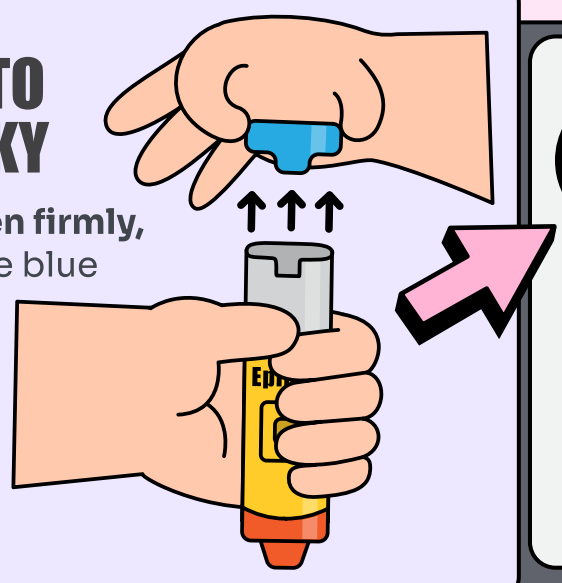
01 HOW TO GIVE EPIPEN?

Lay the person flat. If breathing is difficult, let them sit, but not stand or walk.



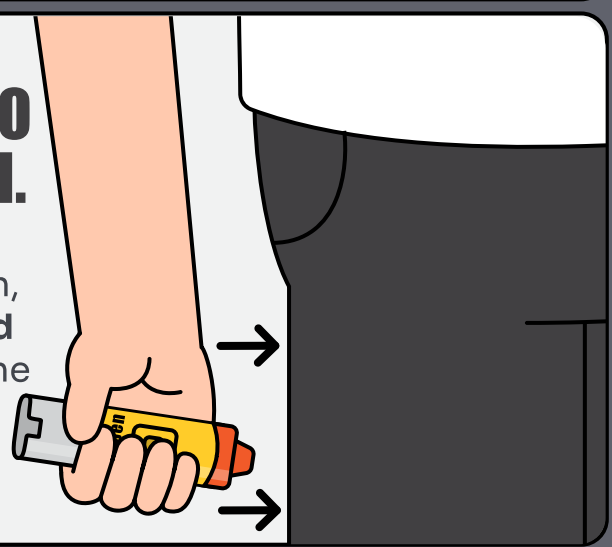
02 BLUE TO THE SKY

Hold the EpiPen firmly, and remove the blue safety cap.



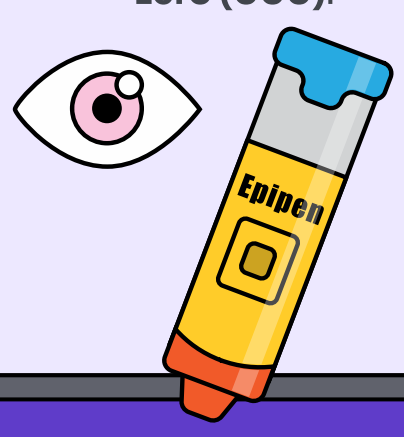
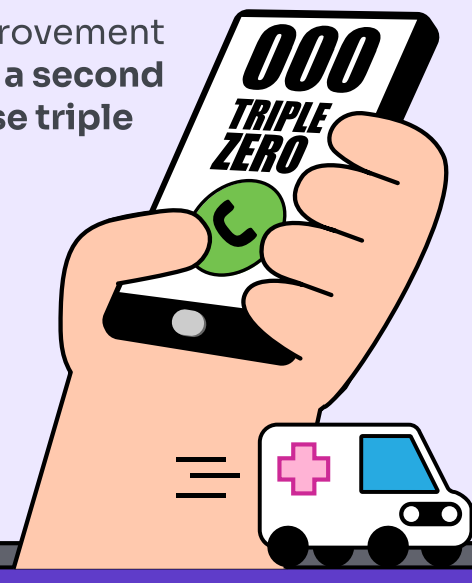
03 ORANGE TO THE THIGH.

Place the **orange tip** against the outer thigh, **between the groin and the knee**. It can be done through thin clothing avoiding pockets and seams.



04

Push down **until you hear a click** and hold for **3 seconds**. Release, note the time and call 000.

05

If there is no improvement in 5 minutes, **use a second EpiPen and advise triple zero (000).**