



## **CHAIRMAN'S REPORT**



#### FROM THE CHAIRMAN'S STEERING

Greetings Just4Kids Motor Trail, Kimberly Adventurers, Entrance, Friend's, Supporters and Sponsors. Please enjoy Our updated Newsletter #48-2.0

As you all know the Just4Kids Motor Trail, Kimberly Adventure 2020 is Now Officially Postponed until the same time next year in 2021. Because of the Coronavirus (COVID-19) Outbreak.

We are all sitting tight!!. So we can continue to offer the Kimberley Adventure 2021 as per our advertised circuit and attractions for 2021.

Please understand Just4Kids have invested twelve months of survey and day to day management into this bucket list event, it has been in the planning for more than four years before our survey.

Just4kids Motor trail has rebooked the same locations, eat out meals, tours, etc for April 2021 as listed in our 2020 Schedule.

We have received many thanks and assurances that we are being missed big time this year and will be welcomed with open arms in 2021.

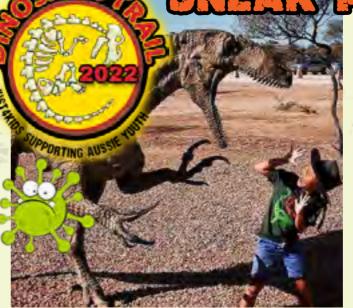
We all need to stick together, be safe and count down the days and see if we can entice a friend or two to join us at Alice Springs on the 7th of April 2021 for the Meet and Greet.

The good news is coming, with the change of date we have received new entries, perhaps you know of persons that the new date will suit, let them know now ASAP 7th to 30th of April 2021 is the date to remember.

There will be an updated flyer emailed out to you all soon, please forward it on to all you know so we can enjoy the fresh air of the Kimberleys in 2021

J4K Chairman Rodney 0V3

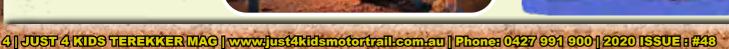
Wolfe Creek Meteorite Crater











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### J4K MOTORTRAIL DIRECTORS REPORT



#### JUST4KIDS MOTOR TRAIL DIRECTOR'S HELPFUL HINTS.

Hi, I am Mark your **Motor Trail Director** for the Kimberley **Charity Adventure.** 

I am looking forward to Seeing you all at Alice Springs. for the 7th - 30th April 2021 J4kMT Kimberley Adventure.

conditions, it is paramount to be organized and comfortable supply all the items needed for a comfortable stop, don't forget only, with a few compulsory items,

(1) Being your UHF Radio .

(2) Bring Flashing/ Rotating Rear Yellow Light being operational it as it will be very hot. when you are on dirt roads. The way this year is going it is most likely going to be very hot for the first part of the trip so please carry at least 10 litres of water. I strongly suggest you purchase a 10-litre container or fill a plastic jerry can, don't buy the little bottles as disposal of them is very limited. We will be carrying drinkable freshwater in bulk where ever possible.

The seasons vary from season to season, so a face fly net that can be tightened around the neck is strongly suggested. At certain places, the small buzzy fly can be annoying till the sun goes down and a good insect repellent is also very handy to are towing one. When you receive them read the instructions have on board with you.

Footwear - bring footwear that is supportive for walking and will unless you have leather feet, please. In saying this please bring on channel CH10. and update your First Aid Kit, for those little mishaps.

Meals. We will supply all your meals so remember to bring a have cash on hand mainly for fuel or personal items, cold drinks lunch box and if you need extra nibbles grab a few items of your at the Bar. choice before we head out of from The Alice.

Again this time of the year a good water bottle per person is essential and keep filling them up. Children are hungry all the time. So they must remain well hydrated and NOT hungry, I have been there and made that mistake before. For this reason, kids will always eat first at mealtimes.

The first two nights are camping only, so please test your camping skills before you leave home, no good if you cant find that pole in the middle of nowhere or that peg to secure your lodgings in the middle of the night. There are little options for camping on Day One and Two on the Tanami Desert Road, so we will be camping on a roadside clearing for a top night of dinner and entertainment. Please do not drive into the wilderness to camp, we need to stick together as the off-road areas are full of tyre punching wood ends. We will be erecting toilets for the first night, both for male and female with washing Good preparation is the key to any travel regardless of the facilities, so it is very important to keep up your hygiene. We will for this trip. I have attached a checklist in a broad sense of to wear footwear when attending to issues in the middle of the self choices so you will have a comfortable journey, so tick night. The first and second nights are the only nights that there them off as you go through the list. This article is a guide will not be commercial shower facilities, if you do not want to sponge bathe you will need to invest in a portable black shower bag from BCF and fill it up in Alice Springs, store it on your roof rack, top of your spare tyre, anywhere that will provide you with enough water for a sponge bath, caution is needed when using

> Please bring your swimmers as there plenty of spots to splash about along the way. Our Auction Nights are a lot of fun so bring one or two items we can auction during the event, if you like what you have brought along, you can buy it back for the Charity.

Door Decals. We will be supplying you with your car door decals which are to be placed on the side of the driver's side door, these are a high quality vinyl and will not damage. Spare numbers for the front passenger door and rear window or trailer if you carefully on how to put them on, so they can be moved or straighten up if the decal is off alignment and will make the removal of them easy. This decal will have your car number on not allow spikey weeds to penetrate your soft feet, no thongs it which will be your UHF Radio call sign throughout the event

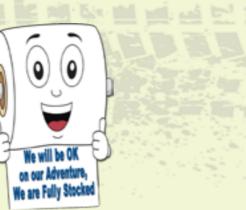
Credit Cards. Most places will accept access credit cards but

Your vehicle is your responsibility to ensure you have it fully checked before you head off to Alice, bring a spare set of keys and don't lock them in the glove box for safekeeping. We have two vehicles that have security safes if you want to use that facility please contact Rod Williams, the security safe is ideal to leave your spare key there in case of unforeseen circumstances.

Please advise your Insurance company where you are going, if you are with RACQ or NRMA upgrade your roadside service to Ultimate for this trip. Towage in the outback is Very Very Expensive.

Finally, drive to the conditions and keep your radio on our event channel CH10 at all times, have a safe and enjoyable fun trip, don't forget to pack your personality and a shady hat. Keep Calm and think ahead on the road....

Mark Louez Your J4K Motor Trail Director FIRST AID Flashing/Rotating Yellow Li





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The Rowe Family from EIA (Engineering Industries Australia) embarked on their first Just4Kids Motor Trail in 2018 - The Simpson Desert Trek. We had no idea what to expect, but we had one of the best adventure ever!

What we enjoyed the most was that everything was already taken care of. We just drove and soaked up the ever-changing landscapes of our incredible Australian countryside. Our itinerary was totally prepared; we explored new places that we never knew existed, there was no cooking (That I Loved) - delicious meals were organized by there talented cooks. There was always something fun planned for us, from themed days to auction nights, to the talent show. All in good fun, while fundraising for disadvantage children in remote communities, assisting in much-needed goods or services. Would we do it again ... Absolutely !!!











Engineering Industries Australia is a privately owned Australian company based in Townsville, QLD.

The company was founded in 2017 and is quickly establishing itself as a highly reliable engineering company offering small and large-scale fabrication, project construction, structural steel and skilled labour-hire needs to North, West and Central Queensland areas. EIA's services include · Field Services · Mine Maintenance · Fabrication · Workshop repairs; and can fabricate, store and deliver largescale requirements in short timeframes.

Currently employing a team of approximately 20 highly skilled welders, boilermakers, diesel mechanics, fitters and riggers, Engineering Industries Australia is a trusted, reliable and highly regarded company within the region.

Engineering Industries Australia ethos is highquality workmanship, done fast and safely, saving our customers both time and money.





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# **Australian Children**

LARGE RANGE OF GOODS UP FOR AUCTION HOT FOOD • COLD BAR • BIG RAFFLES • FAMILY FUN & GAMES · LOTS of MUSIC · A GREAT NIGHT OUT ALL Where: Lot 956 Kabbarli Rd, Broome WA 6725 When: Thursday 15th APRIL, 2021 @ 5PM



**El Questro Station** RAISING FOR DISADVANTAGED

Australian Children LARGE RANGE OF GOODS UP FOR AUCTION HOT FOOD · COLD BAR · BIG RAFFLES · LOTS of MUSIC • All Welcome from Afar • Great Nightout for All Where: Swinging Arms Bar @ El Questro Station WA When: Saturday 24th APRIL, 2021 @ 7PM

FUNDS SUPPORT:



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KIMBERLEY ADVENTURE

FUNDS SUPPORT OUTBACK KIDS:



All enquiries e-mail Di Roberts didey@just4kidsmotortrail.com.au or Phone 0427 991 900

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## CHARITY AUCTION ITEMS UP FOR GRADS IN 2021

SPINKS GROUP BRANCHES IN CAIRNS, TOWNSVILLE, MACKAY, MT ISA, DARWIN.

## 15% Off the RRP of Navman Products\*

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Simply sign-up and purchase any Navman product at www.navman.com.au

And enter the promo code J4K-CC1 at the checkout to receive the discount.

Navman will also donate 10% of the ex-GST invoice value of eligible purchases to Just4Kids, where the above promo code has been applied.

\*Limit of 2 items per customer, and for a limited time only. Only available for approved purchases via the Navman website using the specified promo code. The discounted price is displayed in checkout once the promo code is accepted

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matter what kind of battery charging system you're after, REDARC has the solution. Our wide selection of DC to DC battery chargers are designed to keep your battery charged whilst driving and will fully charge auxiliary batteries to a proven 100%.

> Compact in size, easy to install and fully sealed water, dust and vibration are no match for our vehicle battery chargers. Suitable for 12 or 24 volt vehicle systems, REDARC's dual battery chargers work with either standard, voltage alternators or smart alternators.

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Authorities greatest fear that three out-of-control fires in the Victorian Alpine region posed a looming threat, with hot windy conditions, caused them to merge into one giant super o fire.

Louise Middleton (Local Midwife) and her family Husban lan Middleton, and two daughters Grace and Genevieve, operate and run a beef and sheep farm on 880 acres at Log Bridge Creek, of Cudgewa Victoria.

Located - about 30 k North West of Corryong where the recent Christmas New Year Bushfire started to get out of control and then went absolutely crazy.

Corryong is a small town in Victoria, Australia 120 kilometres east of Albury-Wodonga, near the upper reaches of the Murray River and close to the New South Wales border. Corryong has a population of approximately 1,300 people.

Residents and tourists in parts of north-east Victoria were sent SMS alerts urging them to evacuate as soon as possible ahead of a worsening fire threat that was burning on 31 December 2019.

Along with other communities within the Upper Murray Area, Walwa, Burrowye, Jingellic, Tintaldra, Tooma, Tumbarumba, Cudgewa, Corryong Biggara, Nariel, Areas.

Authorities at the time feared that the hot and windy conditions could cause the major bushfires at Corryong and across the border in New South Wales to "suck each other in" and merge into one giant super fire, which they did.

A series of fires started in Victoria's Alpine region by lightning strikes posed a serious threat to nearby towns including Harrietville, Wandiligong and Bright, while visitors to Falls Creek and Dinner Plain were being advised to leave their area now, with three out-of-control fires posing a looming threat in the area.

At the Time more than 500 fire crew and support staff were fighting the fires near Corryong on Thursday afternoon 2 Jan 2020. Authorities were arranging escorted convoys leaving from the Corryong relief centre, on the Murray Valley Highway towards Tallangatta, at designated times when conditions allowed.

Louise Middleton who works as a midwife and registered nurse with the shire/ council that covers these communities as a family support officer with the Maternal Child Health Unit and Nurses Unit to support access to childcare playgroup facilities and nursing services.

Said Sadly "Several of our local families in my area have been affected by the loss of their homes and farms and now we need help to rebuild."

Just4Kids are supporting Louise and her children getting back to school on any level that makes it work for them. Grace and Genevieve are studying in year 8 and 10 at the moment.

A Just4Kids Officer Sayed "Their school is 60 kilometres drive each day, we are waiting to hear from the school to donate our first round of funding from Archer Coffee hotel Auction Funds, from late last year. Once we get more information, we will reassess their communities other needs."

















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The Bright Pink Coffee Van arrived from out of the smoky haze, bearing gifts, food, and coffee. The Archer's coffee Van had arrived to support Louise Middleton and her family of Cudgewa Victoria. The Archer's of Townsville had heard of the great works that Louise had done in the area as a midwife and now her desperate situation after the Fierce Christmas Bushfires of 2019.

Listening to Louise's stories of terror as the fire engulfed her families and neighbours properties in Cudgewa. The Archer's pegged to try and support the Middletons and her neighbours as much as possible through the help of Just4Kids Children's Charities.

After saying their goodbye to the Middleton Girls and promising to come back someday soon the Bright Pink Coffee Van drove off into the smoky distance

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Archer Coffee Vans, A Well Know coffee business is serving up a treat when it comes to charity. Archer coffee, a mobile business featuring four coffee vans, is raising money for the Just4Kids children's Charity and actioned a Queensland Maroons jersey signed by the Cowboys captain Michael Morgan at Tom's Tavern in Townsville. Archer Coffee founder Mark Archer, who is old mates with Morgan's dad Ross thorough his footy playing days, said the local coffee business was a passionate supporter of Just4Kids.

"Our owner Janelle Brooks threw her support behind Just4Kids about six Months ago." He said. "She has four vans and she's been telling a lot of people around Townsville about the cause, and she donates a large per cent of the profits to Just4Kids. We're really hopeful of seeing a good turnout at our fundraiser.

"It's a great prize as well; I think any Queensland supporter would be proud to have that jersey."







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## **Kimberleys TOURIST HOT SPOTS**

ITINERARY AND NON ITINERARY TOURS AND TOURIST HOT SPOTS As the Just4Kids Kimberleys Adventure tag along travels our designated route there will be many opportunities for you to take small diversions off the beaten track to experience some of the wonders of the Kimberley.

We will be taking you to as many interesting places as possible as part of our route but we have several lay days where you can either travel to a place of interest or, if you prefer, book a tour to somewhere that you may have on your bucket list. Amazing spectacles such as Horizontal Falls, the Bungle Bungles, Mitchell Falls and Lake Argyle will require a pre organised flight booking from Broome. You will need to do this well in advance of our departure date from Alice Springs.

As for the independent drives you can take when we are accommodated for a couple of days, then the world is your oyster. Get out your maps of the area and decide where you would like to take a day trip. Apart from the iconic places we have mentioned, there are the pearl farms such as Willie Creek Pearl Farm and Cygnet Bay Pearl Farm to mention a couple. The quality of the pearls that can be purchased at the pearl farms is of the highest quality and are sort after world wide.

At El Questro you have an organised cruise, but there are many other things available to do there. Check out their website but there is no need to book anything there at this point. From Broome you can take flights to all the iconic places mentioned above. There are also many day tours such as Explorer Bus, Turtle Bay Kayak Adventure and Cable Beach Sunset Camel Ride.

These are just a few of the many wondrous things to make your Kimberley adventure a trip you will remember forever.



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Orbit Innovations Group, 25 Civil Road, Garbutt, Townsville Ph: 07 4401 5864 Web: https://orbiting.com.au Now with three main business areas

Orbit Innovations Group was originally established in 1995 as Satcom Hire & Sales, we were a Satellite Communications supply company with an office and shop in Townsville. Our customer base is throughout Australia and Oceania.

We are an Iridium, Inmarsat & Thuraya Airtime Service Provider; specializing in Satellite solutions for Consumer, Professional, Enterprise and Government users.



By 1999 Satcom Hire & Sales were also supplying satellite hardware and airtime to our ever expanding customer base.

> 2010 saw Satcom Hire & Sales became an Independent Satellite Phone Service Provider and are now supplying Satellite Voice & Data airtime, Hardware and Web based monitoring solutions to Land, Marine, and Aviation customers.

2015 saw the now Orbit Innovations Group, establish its first retail store in Townsville along with several online stores.

Continuing in 2020 Orbit Innovations Group Team continue their commitment to offering a choice of products & services with independent, honest advice. We strive to supply the best solution to meet our individual customers' needs. We have vast experience supplying cost effective products and services throughout Oceania and remote, regional Australia.





Lance Denby established Satcom Hire & Sales in 1995, giving Lance and his team over 24 years' experience in business in Australia and Oceania.

The initial focus in 1995 was primarily on hiring satellite communications equipment to Government, Media, Mining, Schools and Domestic customers.

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### DO YOUREALLYNEED A REAGON TO VIENTHEFRAGER COAST Fraser Coast RV Park-Suitable for all types of RV's, Campers, Roof Top Tents, Camper Trailers, Caravans ...

Immerse yourself in nature at our sprawling property with 40 acre nature reserve where kangaroos abound & 41 bird species identified. Great stop over for visitors to Fraser Island, just 3kms from ferry service & 10kms from Hervey Bay Airport. Or stay in luxury in Mango Lodge, wheelchair accessible solid timber slab cabin with deep open air claw foot bath overlooking 100 year old mango tree.

So you've hooked up your big rig and you travel for miles only to find yourself parked right next door to your neighbors. The husband complains, "it's too difficult to park", and the wife complains "there's no privacy". So come and visit us and enjoy everything the Fraser Coast has to offer. You will feel like you really are on holidays. A great getaway from it all, yet just a stones throw from Fraser Island and Hervey Bay.

Campsite; Plenty of wide open spaces for you to camp. Camp sites \$30 per night, powered sites \$40 per night, self sufficient \$20 per night. Further details on pricing and to Makea Bookings CLICK HERE

- Bush Kitchen with gas cook top, sink, fridge, toaster, kettle. Large fire pit for groups.
- Is it pet friendly? YES provided restraint used, no chasing kangaroos, rabbits.
- Where is the nearest bottle shop? At Urangun, next to Airport, 10kms away and behind BP fuel stop.
- Do you take Eftpos? Yes and there is an ATM at the River Heads Shops, 3kms up the road. Do I have to book a ferry to get to Fraser Island YES as there are limited services. The ferry booking office is at the River Heads Shops. Also IGA for groceries and supplies, Chemist, Real Estate and VK's Cafe which is a lovely little cafe overlooking the Mary & Susan Rivers out the back.
- What are the ferry times? Departs River Heads 6.45 & 9am, 3.30 & 6.45pm leaves Kingfisher Resort 7.50 & 10.30am, 2, 5 & 8.30pm.
- Can I get a massage? yes at East Booral, 5 minutes away, Swedish, remedial, deep tissue, Iomi Iomi, reiki, reflexology & facials Also couples massage available in room @ Mango Lodge
- Are the midgee's bad? depending on the weather conditions, if it is still and it has rained and it is hot, they can be about, more prevalent in summer. Recommend the use of moisturiser on your skin. Skin so soft by Avon, works well. Other spray on brands also good. Light a mozzie coil around your camp at 4pm to difuse them. We are in a natural environment where 40 acres of the property is bushland so you can expect bushland conditions. No different than anywhere else in this natural setting.
- Can you sell me some gas? Sorry no, but there is gas available at the IGA up the road. Do I have to bring my own firewood? No, we have lots of sticks around the property.
- Can I light a fire anywhere? No, we have a large fire-pit beside the designated spots around the grounds for you to use.
- Where is the nearest dump point? At the Hervey Bay Tourist Information Centre on the Hervey Bay Maryborough Road. (20kms) Access is via key 9am to 5pm every day.
- Can I get some takeaway food delivered? Yes via menu log.
- Is there phone reception? Yes a very good strong signal.









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# AREYOURE



Trevor & Trev were hard at it in the Townsville's heatwave in Jan & Feb 2020. Little Trevor our (Chef) Right & Big Trevor our (Sweep) left our Last Maned Vehicle (your last line of support & defence) whom you will come to love and respect by the end of your Trek. (UHF Channel 10) keep clear and listen.

The two Trevors spent a week in Townsville helping Mark, our Motor Trail Director finish off some loose ends with all our vehicles, to be sure they are all in tip top shape for our 23 Day Kimberley Adventure. Double-checking our electricals, freezers, fridges, BBQs, and fittings, etc, on all our support vehicles. As you know we all leave from Alice Springs on the 11th of April and most of our vehicles live in Townsville, so you could say our vehicles have at least an extra 23 days on the road as well there and back.

Again we recommend you get or upgrade your RACQ Membership to Ultimate for this trip before you leave home . If you did not know... Just always Remember Please!! All our J4K Main Staff are Volunteers, so just before you complain about something just remember to say Thank You!, to them for giving up their time to serve you on your Adventure.





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**FIREPAK** has been providing building fire safety services to the Sunshine Coast region since 2000. Owner and manager Randall Spice has more than 30 years experience as a professional in building fire protection and related industries. In addition to multiple Fire Protection Licences, Randall supports the business with specialist industry knowledge resulting from his qualifications and experience as a qualified hydraulic consultant

Randall continues to play a significant role in the day to day operation of the business providing advice and direction to his team of qualified and experienced technicians. He still regularly gets his hands dirty in the field — especially when specialis

### ed business assisted by a small efficient

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Day Break Rotary Club Townsville Sun Rise (Ladies section) donated funds to Archer Coffee. Archer Coffee were presented with a cheque for their effort in going to Victoria & NSW and helping the persons affected by the recent bushfires. Mark and Janelle Archer have generously donated all these funds to Just4Kids Children's Charity.

The story they told of persons sitting in the gutter with hands over their eyes and crying as a lot of them had just lost everything. Quite a emotional period for them both and they said they had difficulties in breathing with the heavy smoke that lay around for days.

The Archer family are now renovating a fish and chip shop in Garbutt, Townsville on the road access to the Townsville Airport. The Archers have said; "for Every fish and chip meal sold, Just4Kids Children's Charity will receive 50 cents." They are also going to place awareness about Just4Kids in their new shop. Thank you, Archers, for your amazing ongoing support this year.

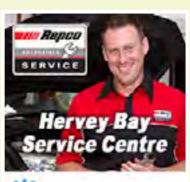
### Barrett communications have serviced our, Just4Kids Motor Trail, Barrett HF long distance radios for many years now.

Martin Johnson, Business Development Manager for Barrett Communications has been our main contact and support person, who has now curently moved to Malaysia as their manager for South East Asia Barrett Division, We wish him great success, thanks Martin,

Your long term support for Just4Kids Motor Trail has been of great importance to us, Allowing us to keep track from the front line to our tail-end Charlie, Sweep.

Our main radios are currently with John Stodart. Barrett's Senior Service Technician in WA being serviced for our next Kimberley Adventure Trek in April/May 2020... Mark J4K MTD







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automotive repairs.

Conveniently located in Pialba, Hervey Bay Service Centre specialise in car servicing for all makes and models, including commercial fleet vehicles.

Our fully qualified log book servicing ensures your car is in safe hands, and we provide quality car service and repairs on all models... including four wheel drive and Diesel vehicles.

As a Repco Authorised Car Service centre, we have a commitment to high quality workmanship, ensuring the very best in automotive care. Our Business is a member of the Repco Auto Tech training program, ensuring each mechanic is kept fully up to date with modern vehicle repair methods.

So rest assured - your car is in safe hands. https://www.repco.com.au 172 Boat Harbour Dr, Pialba QLD 4655 Phone: (07) 4124 3200

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the sale and fitting of tyres for private, commercial and industrial use

#### As your local Mechanic in Pialba, Hervey Bay Service Centre take great pride in offering our clients the very best in car servicing and

## Fraser Cost RV Park & REPCO Service Centre Hervey Bay Are Still Leading The Way, in helping Just4kids with badly needed FUNDS with their CONTAINERS FOR CHANGE program! In the second second and the second s



Just 4 Kids Children's Charity has now been registered in Qld for "Containers for Change". Bottles/plastics and cans that have the 10c refund label them. (Cans can be crushed)

So any person having a drink over the Holiday period can drop off their empty cans/tins and bottles at the designated "Containers for Change" areas and quote C10030269 and the value of the returned containers will be donated back to Just 4 Kids Children's Charity

If you would like to donate your proceeds. Simply label your bags with the following Number C10030269 and help the disadvantaged outback kids of Australia.

https://www.containersforchange.com.au

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IN YOUR CONTAINERS

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## **FIRST AID** GUIDE

# Π 5





**DISCLAIMER:** The information in this poster is not a substitute for proper first aid training.

## **Check the** Level of Response



incident.

- 1. When able to reach victim, check for a response to see if they are conscious.
- 2. Call out to victim and ask if they can open their eyes or hear you.

3. Give their shoulders a firm squeeze and ask them to squeeze your hand.

4. Do not move the victim unless there is a hazard that could cause further injury.

# nconscious &

Potential Dangers

Before approaching a victim make sure surroundings

Evaluate

are safe for you.

Chemical spills

Electrical lines and devices

Hazardous fumes and gases

Vehicular traffic and machinery • Fire

2. Do not approach the victim until the area is safe.

1 Checkfor:

1. Check for breathing by placing one hand on victim's stomach and checking for movement. Place side of your face next to victim's nose and listen/feel for breathing. 2. If not breathing, commence CPR.

3. Place your hands, one atop the other, on victim's sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 - 120 compressions per minute.

4. After 30 compressions open victim's mouth and tilt head back to open airway.

5. Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.

6. Continue cycle of 30 compressions to two breaths (30:2) 7. Call for a defibrillator.

8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.

9. Continue performing CPR until: help arrives, victim shows signs of response, AED says so, you cannot continue due to exhaustion, or, there is danger.

### Breathing but Unconscious

1. Ifvictimisbreathing, place into recovery position.

2. Check airway again to ensure they are still breathing. 3.

Monitor and reassure the victim. Document incident.



1. Usean AED (Automated External Defibrillator) if it is available in your facility. Follow the instructions provided.

## **Dealing** with Bleeding

- 1. Wear gloves.
- 2. Introduce yourself to the victim and sit them on the ground. 3. Carefully expose wound and check for foreign objects (do not remove).

Minimise bleeding by placing dressing over wound and applying firm, direct pressure. Immobilise and elevate.

- 5. Treat for shock and call emergency services.
- 6. Lie the victim down and conserve body heat. Reassure victim and document incident.



is continual.

- affected area.

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#### 1. You should call emergency services immediately.

2. Ask someone with you, or a bystander, to call for help while you respond to victim. If you are alone, stay with victim and call emergency services yourself.

3. Be ready to provide information regarding your location and

4. Do not hang up unless directed to by emergency services.

### Dealing with Fractures

#### 1. Keep victim calm and still.

2. Do not move affected area.

3. Treat open, bleeding wounds first.

4. If bone is protruding from affected area do not touch it. Apply dressing around bone if bleeding

5. Help victim find the most comfortable position and support injured area.



#### 1. Neutralise hazards before attending to victim. 2. Cool affected area with cool running water for up to 20 minutes. Remove clothing unless sticking to skin.

3. Get medical assistance, call emergency services. 4. Apply non-adhesive, non-fluffy (wet) dressing to

5. Treat the victim for shock and document the incident.

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