

FIRST AID GUIDELINES – REGIONAL LOCATIONS

The Mother's Day Classic Foundation (MDCF) is committed to ensuring the health and safety of its workers, including volunteers, and of all Mother's Day Classic (MDC) participants. This commitment includes the assurance that effective first aid arrangements are in place for MDC 2021 events.

First Aid

Providing immediate and effective first aid to workers or others who have been injured or become ill, may reduce the severity of the injury or illness, and in some cases, could mean the difference between life and death.

The MDCF will support each Local Host to ensure:

- Provision of first aid equipment;
- Each worker at the workplace has access to the equipment;
- Access to facilities for administering first aid; and an adequate number of workers are trained to administer first aid, or other people who have been trained to administer first aid.

First Aid Coverage

All MDC Local locations are required to source two qualified first aiders (minimum first aid qualification including the unit of competency HLTAID011 - Provide First Aid) (<https://training.gov.au/Training/Details/HLTAID011>) (previously these qualifications have been referred to as Level 2)) to provide coverage for the day.

If you have any queries, concerns, requests for assistance regarding the above, please don't hesitate to contact the MDC Foundation National Office (regionalevents@mothersdayclassic.com.au).

Times of Coverage

First Aiders should be in place 30 minutes before the first official Arrival Time and stay until the last participant has left the site. If there is any heavy equipment to be packed up or down by workers, then first aiders should be either present, or available on-call for any assistance.

Set Up

It is recommended that first aiders are either provided with, or have access to, a sheltered area for any treatment and privacy.

Signs

The following printable signs are available via the MDC portal:



First Aid Kits

Please ensure your first aid kits contain the below items at a minimum (*Safe Work Australia, First Aid in the Workplace, Code of Practice, July 2019*):

Item	Quantity
Instructions for providing first aid—including cardiopulmonary resuscitation (CPR) flow chart	1
Note book and pen	1
Resuscitation face mask or face shield	1
Disposable nitrile examination gloves (nitrile is a latex-free rubber suitable for people with latex allergies)	5 pairs
Gauze pieces 7.5 x 7.5 cm, sterile 3 per pack	5 packs
Saline, 15 ml	8
Wound cleaning wipe, single 1% Cetrimide BP	10
Adhesive dressing strips—plastic or fabric, packet of 50	1
Splinter probes, single use, disposable	10
Tweezers/forceps	1
Antiseptic liquid/spray 50 ml	1
Non-adherent wound dressing/pad 5 x 5 cm (small)	6
Non-adherent wound dressing/pad 7.5 x 10 cm (medium)	3
Non-adherent wound dressing/pad 10 x 10 cm (large)	1
Conforming cotton bandage, 5 cm width	3
Conforming cotton bandage, 7.5 cm width	3
Crepe bandage, 10 cm, for serious bleeding and pressure application	1
Scissors	1
Non-stretch, hypoallergenic adhesive tape—2.5 cm wide roll	1
Safety pins, packet of 6	1
BPC wound dressings No. 14, medium	1
BPC wound dressings No. 15, large	1
Dressing—Combine Pad 9 x 20 cm	1
Plastic bags—clip seal	1
Triangular bandage, calico or cotton minimum width 90 cm	2
Emergency rescue blanket for shock or hypothermia	1
Eye pad, single use	4
Access to 20 minutes of clean running water or, if this is not available, hydrogel 3.5 gm sachets	5 sachets
Instant ice pack for treatment of soft tissue injuries and some stings	1
Heavy duty 10 cm crepe bandage for snake bites	1
Sting relief cream, gel or spray	1

If you need to replenish items, you have authority to spend up to \$50 without prior approval from MDCF (reimbursable via completion of MDC reimbursement form). For any spend required above \$50 please contact the MDCF National Office to seek approval before purchasing.

Further Assistance

Please don't hesitate to contact the MDCF National Office if you have any queries or require any further assistance (regionalevents@mothersdayclassic.com.au).