

# Smoke Inhalation First Aid Steps

## House fire - 000 in Australia - Checklist

- Call 000 Immediately**

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  - ✓ Report the house fire and medical emergency.
- Move to Fresh Air**

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  - ✓ Get the person to a safe, smoke free area.
- Check Responsiveness**

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  - ✓ Assess consciousness and breathing.
- Administer Oxygen**

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  - ✓ If available, give oxygen if trained to do so.
- Monitor Breathing**

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  - ✓ Watch for difficulty breathing or coughing.
  - ✓ Be ready to perform CPR if needed.
- Check for Burns**

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  - ✓ Look for burns on the skin.
  - ✓ Treat any visible burns with cool water.
- Loosen Tight Clothing**

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  - ✓ Loosen clothing around the neck and chest.
- Keep the Person Calm**

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  - ✓ Reassure and keep them calm.
- Watch for Symptoms**

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  - ✓ Look for confusion, dizziness, or nausea.
  - ✓ Check for soot around mouth or nose.
- Wait for Paramedics**

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  - ✓ Stay with the person until help arrives.
  - ✓ Provide updates to the emergency responders.

**Follow the instructions of emergency services.**