

# First Aid Procedures

If a person is injured or ill	<ul style="list-style-type: none"> <li>Do not move them if they are injured unless there is a danger to their life.</li> <li>Contact a first aid officer immediately and assess the need for an ambulance.</li> </ul>	
First Aid Officer	First Aid Officer	Contact no.
	Eileen	To be released on paper format on the notice board only.
	Smillie	To be released on paper format on the notice board only.
		To be released on paper format on the notice board only.
First Aid Kit Location	To the right as you walk into the northern storeroom.	
Medical Services	If medical attention is required and a first aid officer is not available, direct or take the injured/ill person to the nearest medical centre.	
	Location	Contact no.
	Goulburn Medical Clinic 6 McKell Place, Goulburn	02 4823 0200
	Goulburn Doctors 217 Auburn Street, Goulburn	02 4823 5514
For urgent medical attention take them to the Goulburn Base hospital or call an ambulance		
Hospital	Location	Contact No.
	Goulburn Base Hospital 130 Goldsmith St, Goulburn	02 48273111
Call an Ambulance	<p>Dial 000 or 112 from mobile phones and ask for ambulance if the injury appears serious.</p> <p>Instruct the person to the entry point off Hurrell St, Goulburn to ensure access for the ambulance.</p>	
Report and record	<ul style="list-style-type: none"> <li>Report incident to Club President or Health and Safety Coordinator.</li> <li>Complete a Track &amp; Field injury reporting form.</li> </ul>	

