

First Aid Information

Non Life Threatening Injuries:-

Make your way to the nearest road and phone for help.

Life Threatening Injuries:- apply first aid, write down grid reference for the location, two go for help the rest stay and make a shelter. Call emergency services, stay put.

Basic First Aid

Bleeding:- apply pressure to the wound until the bleeding stops then cover. **If blood squirts and will not stop, treat as an emergency.**

Fractures:- do not move. Make the casualty comfortable, **treat as an emergency.**

Burns:- cool down with water then cover with a non-stick dressing. Anything larger than 100 mm, go to hospital. **Anything larger than 150mm, treat as an emergency.**

CPR:- tilt head back, check air way pinch nose, 2 breaths, 15 chest compressions, mid sternum, 3 fingers above the end of the mid ribs, continue as long as you can. **Treat as an emergency.**

Sunburn/Sunstroke:- cool down, cover up, evacuate.

Blisters:- clean, drain and cover with binding tape or blister plaster.

Ticks:- remove as soon as you can by using a tick remover or gripping with your nails **as close to the skin as possible** then twisting and pulling. Clean the area afterwards with alcohol.

Remember, check for danger first, look after the rest of the group, **keep positive!**