FOOTLOOSE303 - FIRST AID KEY POINT SHEETS

INTRODUCTION

The idea of this sheet is for a walk leader to impart this information during a day walk; perhaps as a quiz with the subject announced at the start of the walk and the quiz at lunchtime with a choc bar or similar as a prize!

**BLEEDING**

Treatment

a. Apply direct pressure to wound. [If object is protruding from the wound, apply direct pressure either side].

b. Raise & support an injured limb above casualty’s heart.

c. Lay casualty down (reduces blood flow & reduces chance of shock).

d. Apply dressing. Not so tight that it impedes circulation. If blood seeps through apply another dressing on top.

Eye Wound

a. Lay casualty on back, holding their head & keep it as still as possible.

b. Tell casualty to keep eyes still (explain that moving the good eye causes hurt eye to move too).

c. Ask casualty to hold pad over injured eye.

d. Move to hospital.

Bleeding from Mouth

a. Sit casualty with head forward & inclined to injured side to get blood to drain.

b. Place pad over wound, ask casualty to squeeze the wound & pad between their finger & thumb - for 10 minutes.

Tooth Knocked Out?

Replace in socket asap.