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!

**EPILEPSY - MINOR**

Symptoms

a. Sudden “switching off” or staring directly ahead.

b. Twitching - lips, eyelids, head, limbs.

Treatment

a. Help casualty to sit down.

b. Give reassurance.

**EPILEPSY - MAJOR**

Symptoms

a. Falls to ground unconscious, often letting out a cry.

b. Becomes rigid.

c. Breathing may stop.

d. Convulsions - jaw clenched, noisy breathing, saliva dripping from mouth.

BUT - Muscles then relax & breathing & consciousness return.

Treatment

a. Loosen clothing around neck.

b. When convulsions cease > place in “recovery position”. Monitor breathing & pulse.

>> If unconscious for more than 10 minutes, or convulsions for more than 5, dial 999

**DIABETES - SUGAR LEVEL TOO HIGH**

Symptoms

a. Dry skin & rapid pulse.

b. Deep labored breathing.

c. Faint smell of acetone (nail varnish remover) in breath.

Treatment

a. Dial 999 (needs medical treatment with insulin & intravenous infusion of fluids).

**DIABETES - SUGAR LEVEL TOO LOW**

Symptoms

a. Weak, feeling faint, hungry.

b. Muscle tremors.

c. Confused, belligerent.

d. Sweating.

e. Pale.

f. Cold, clammy skin.

g. Strong bounding pulse.

h. Deteriorating level of awareness.

I. Shallow breathing.

Look for Diabetic Warning Card/ bracelet/ sugar lumps/tablets/syringe (looks like a pen).

Treatment

Aim: To raise sugar content of blood asap:

Unconscious

a. Lay down & open airway. Monitor breathing & pulse.

b. Record rate of breathing & pulse. Dial 999

Conscious

a. Lie or sit casualty down. Give sugary drink, sugar lumps, sweet food.

b. If responds quickly give more food/drink. Rest until better.