

St John  
Ambulance



# Young first aider

first aid, first action



# Bleeding (minor)

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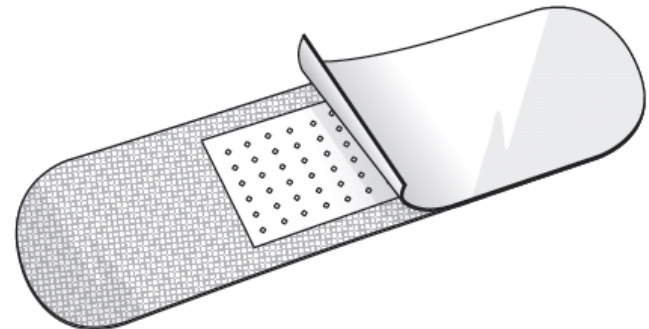
## What you will see:

- blood oozing from the wound or dripping from the nose
- even with minor bleeding, shock can be a complication.

# Bleeding (minor)

## What you should do:

- put on disposable gloves, if available
- clean and dry the wound
- cover with a plaster or dressing.



# Blisters

# Blisters

## How to prevent:

- good fitting boots
- good fitting socks
- dry and cool feet
- early treatment.

# Blisters

## What you should do:

- do not pop!
- clean the wound if necessary
- cover with a non-adhesive dressing and then zinc-oxide tape.

# Nosebleed

## What you should do:

- sit the casualty down, leaning forward
- get them to pinch the soft part of their nose for 10 minutes and check to see if the bleeding has stopped
- try this for a maximum of three times; if the bleeding has not stopped seek medical help.



# Bleeding and shock – severe bleed



# Bleeding and shock – severe bleed

## What you will see:

- bleeding from a wound
- an object may sometimes be embedded in a wound
- signs of shock.



# Bleeding and shock – severe bleed

## What you should do:

- ask the casualty to apply pressure to the wound and raise the injured part, if possible. If an object is embedded in the wound, push the edges of the wound together.
- put on disposable gloves, if available and expose the wound. Apply a sterile dressing.
- treat for shock.

# Bleeding and shock – shock

# Bleeding and shock – shock

## What you will see:

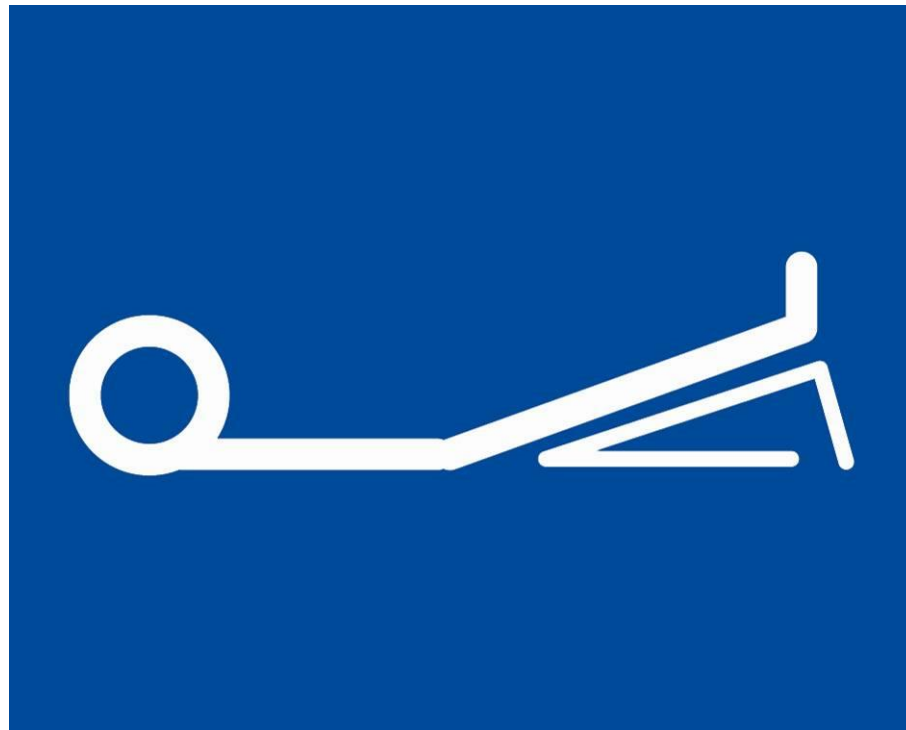
- pale, cold, clammy skin (at first)
- grey-blue skin
- weakness and dizziness
- nausea and possibly vomiting.

# Bleeding and shock - shock

## What you should do:

- treat any injuries that may have caused shock
- help the casualty to lie down
- raise and support the casualty's legs, if possible
- loosen any tight clothing
- keep the casualty warm and call an ambulance

# Shock



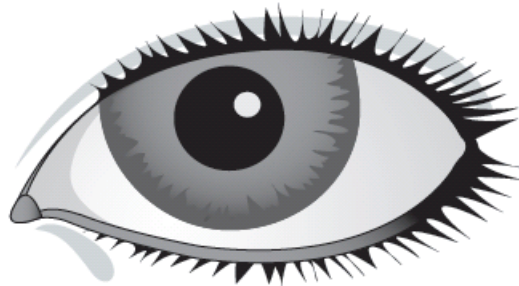
# Foreign objects



# Foreign objects - eye

## What you should do:

- carefully pour clean water on to the eye
- if the foreign object is still in the eye, try to lift it off with a moist swab or tissue
- if this does not work, seek medical help.



# Foreign objects - eye



# Foreign objects - ear

## What you should do:

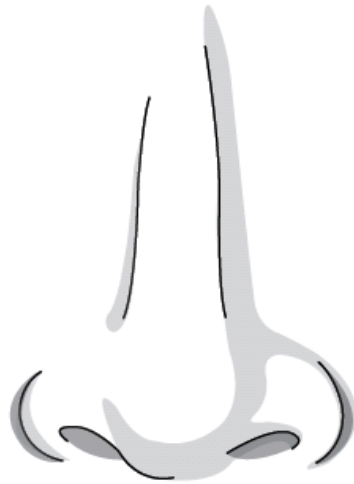
- if an insect is in the ear, tilt the head and flood the ear with tepid water, otherwise take the casualty to hospital.



# Foreign objects - nose

## What you should do:

- take the casualty to hospital.



# Bone, muscle and joint injuries

# Bone, muscle and joint injuries

## Definitions:

- fracture – a crack or break in the bone
- dislocation – a bone in a joint that has moved out of place
- sprain and strain – damage to tissues.

# Hypothermia

# Hypothermia

## How to prevent:

- stay dry
- wrap up warm
- wear hat and gloves
- look out for each other.



# Hypothermia

## What you will see:

- shivering
- pale, dry skin
- slow and shallow breathing
- slow pulse.

# Hypothermia

## What you should do:

- replace wet clothing with dry clothing
- warm the casualty by placing them in a sleeping bag, possibly with someone else
- give the casualty high energy foods.

# Heat exhaustion

# Heat exhaustion

## How to prevent:

- sun hat
- sun lotion
- drink lots
- stay covered up
- sit in the shade.

# Heat exhaustion

## What you will see:

- sweating
- headache
- feeling sick
- dizziness.

# Heat exhaustion

## What you should do:

- help the casualty move to a cool place
- lay the casualty down and raise their legs
- wet a towel or t-shirt and place it on the casualty's forehead
- give the casualty sips of water.

# Asthma attack

# Asthma attack

## What you will see:

- difficulty in breathing
- wheezing
- difficulty speaking
- distress and anxiety.



# Asthma attack

## What you should do:

- help the casualty take their reliever inhaler immediately
- help the casualty to sit down and ensure that any tight clothing is loosened. Do not let them lie down
- if there is no immediate improvement during an attack, help the casualty continue to take one puff of their reliever inhaler every minute until symptoms improve

# Asthma attack

## What you should do:

- if symptoms do not improve in five minutes – or you are in doubt – call 999
- continue to help the casualty take one puff of their reliever inhaler every minute until help arrives.

# Choking

# Choking

## What you will see:

- difficulty with speaking or breathing (mild obstruction)
- unable to speak or breathe (complete obstruction)
- red-purple colour around the neck and the face
- pointing to or grasping the mouth or throat.

# Choking

## What you should do:

- ask the casualty “Are you choking?”
- tell the casualty to try and cough
- give firm back blows between the casualty’s shoulder blades.



# First aid kit

## Suggested contents

# First aid kit

## Suggested contents:

- personal medicine
- 6 plasters of assorted sizes
- one medium sterile dressings
- one large sterile dressing
- three small non-adhesive dressings
- zinc-oxide tape

# First aid kit

## Suggested contents continued:

- one triangular bandage
- six safety pins
- disposable non-latex gloves
- five antiseptic wipes
- two small plastic bags for the disposal of soiled wipes and dressings
- emergency procedures sheet



# Emergency Procedures Sheet

# Emergency Procedures Sheet

- |   |          |  |
|---|----------|--|
| <b>Life threatening?</b><br><i>eg shock;<br/> hypothermia; heat<br/> stroke; serious blood<br/> loss serious broken<br/> bones; etc</i> | <b>1</b> | <b>Stop.</b>   |
|   | <b>2</b> | <b>Danger</b> – make sure you are all safe.  |
|   | <b>3</b> | Work out where you are.<br>Write it down – grid reference and description.   |
|   | <b>4</b> | Phone <b>999</b> on your mobile.   |
|   | <b>5</b> | <b>Phone</b> CVC mobile (try both numbers). If you can't get through to EITHER CVC mobile, <b>text</b> both the CVC mobiles below and the GROUP number.  |
|   | <b>6</b> | If your mobile is not working, choose 2 good runners. Fill in the <b>Incident Record Form</b> and take it to the nearest house, shop or phone box. Call <b>999</b> and then the <b>CVC mobile</b> . If you don't get through on the CVC mobile, text it. |
|   | <b>7</b> | The rest of the group must <b>stay</b> with the casualty, however long it takes for help to arrive. Look after the casualty and each other – put up a tent, get into sleeping bags, eat and drink.   |

# Emergency Procedures Sheet

## Major.

Can't keep going.  
*eg sprained ankle or  
other painful injury;  
too tired to go on,  
completely lost.*

- 1 Stop**
- 2 Treat** the casualty and make them comfortable.
- 3 Call** the CVC mobile, but **do not phone 999.**
- 4 If** your mobile is not working, follow steps 6 and 7 above.

# Emergency Procedures Sheet

## Minor.

*eg small cuts, small  
change of route (eg,  
less than 2 km), etc*

- 1 No need to tell staff if you are sure you are safe and will not be off route for very long.

# Emergency Procedures Sheet

## Report Form for handing to medic

<b>Number of people in group:</b>	<b>Number of casualties:</b>
<b>Time of incident:</b>	<b>Grid reference:</b>
<b>Description of location:</b>	
<b>Description of injury:</b> What happened? What state is the casualty in?	
<b>Treatment:</b> Be as precise as possible: <i>Given food or drink?</i> <i>Paracetamol?</i> <i>Wound dressed?</i>	