

# FIRST AID

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BXM EXPEDITIONS



# ACTION IN AN EMERGENCY

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- DR. ABC
- Danger – Remove anything that could cause further injury to the casualty or yourself.
- Response – Is the casualty responsive? Are they conscious?
- Airway – Is their airway clear?
- Breathing – Are they breathing? Look down their chest toward their feet watch the chest to see if it is rising. If they're not you will need to perform CPR.
- Circulation – Is there any severe bleeding?



# CARDIOPULMONARY RESUSCITATION

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(999 will talk you through this!)



# HYPOTHERMIA

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- Hypothermia is when a person gets too cold.
- These are the four key things to look for:
  - Shivering, cold, pale, and dry skin.
  - Tiredness, confusion and irrational behavior.
  - Slow and shallow breathing.
  - Slow and weakening pulse
- What to do:
  - Warm an individual up, give them more clothes to put on, put up a tent, feed them warm food/hot drinks. Put them in a sleeping bag and in a survival bag. Call for help. Call your leader first and if the casualty worsens phone 999.



# HEATSTROKE

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- These are the six key things to look for:
  1. Headache, dizziness and discomfort
  2. Restlessness and confusion
  3. Hot flushed and dry skin
  4. A fast deterioration in the level of response
  5. A full bounding pulse
  6. Body temperature above 40°C (104°F)



# HEATSTROKE

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- What to do:
  - Quickly move them to a cool place and remove some of their clothing.
  - Wet a t-shirt and wrap it around the individual.
  - Once their temperature appears to be normal replace it with a dry shirt.
  - Continue to monitor their responsiveness.
  - If they start getting hot again, repeat the cooling process to lower their temperature.
  - You should have called a leader. If the situation worsens call 999.



# TREATMENT OF SHOCK

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- If you think somebody could be suffering from shock, there are seven key things to look for:
  - Paleness of the face (pallor)
  - Cold, clammy skin
  - Fast, shallow breathing
  - Fast, weak pulse
  - Yawning or sighing
  - Confusion



# WHAT TO DO - SHOCK

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- If they are showing signs of shock:
  - Lay them down with their head low and legs raised and supported, to increase the flow of blood to their head.
  - Loosen any tight clothing around the neck, chest and waist to make sure it doesn't constrict their blood flow
  - Fear and pain can make shock worse, by increasing the body's demand for oxygen, so while you wait for help to arrive, it's important to keep them comfortable, warm and calm. Do this by covering them with a coat or blanket and comforting and reassuring them
  - Keep checking their breathing, pulse and level of response.





# CUTS AND GRAZES

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- Clean the wound by rinsing it under running water or using alcohol-free wipes.
- Pat it dry using a gauze swab and cover it with sterile gauze. If you don't have these, then use a clean, non-fluffy cloth.
- Raise and support the part of the body that's injured. If it's a hand or arm, raise it above the head. If it's a lower limb, lay them down and raise the cut area above the level of the heart. This will help stop the bleeding.
- Remove the gauze covering the wound and apply a sterile dressing.
- If you think there's any risk of infection then suggest they see a health care professional.



# SEVERE BLEEDING

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- If there is an object in the wound do not remove the object. This will make the bleeding worse. Instead put pressure either side of the wound with a pad (such as a clean cloth) until a sterile dressing is available. When you dress the wound ensure pressure is not put on the object pushing it further in.
- If there is no object follow these steps:
  - Apply direct pressure using a sterile dressing if this is possible. If blood shows through the dressing add another layer.
  - Raise the injured part of the body so it is above the heart. Treat them for shock raising their legs.
  - Call a leader and 999.



# BLISTERS, MINOR BURNS, HEADACHES & SUNBURN

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- If you have a blister apply a blister plaster or a normal plaster.
- If you burn your hand run it under a cold tap for at least 10 minutes and inform a leader.
- If you have a headache drink more water and if it is really bad take a form of pain relief.
- If you have sun burn apply after sun and keep the area of the skin covered and cool.



# STRAINS & SPRAINS

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- If you think someone may have strained or sprained a muscle, ligament or tendon, these are the three key things to look for:
  - Pain and tenderness
  - Difficulty moving
  - Swelling and bruising
- **To treat strains and sprains follow:**
  - **Rest**
  - **Ice**
  - **Comfortable support**
  - **Elevation**



# BROKEN LIMBS

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- The seven things to look for are:
  - Swelling
  - Difficulty moving
  - Movement in an unnatural direction
  - A limb that looks shorter, twisted or bent
  - A grating noise or feeling
  - Loss of strength
  - Shock



## BROKEN LIMBS – WHAT TO DO:

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- If it is an open fracture, cover the wound with a sterile dressing and secure it with a bandage. Apply pressure around the wound to control any bleeding.
- Support the injured body part to stop it from moving. This should ease any pain and prevent any further damage.
- Phone a leader and 999. While waiting for help to arrive, don't move them unless they're in immediate danger.

