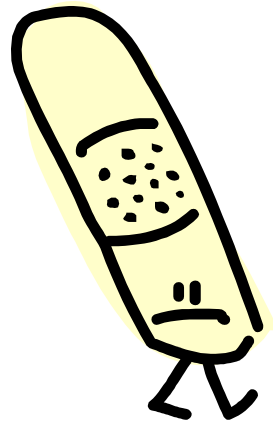
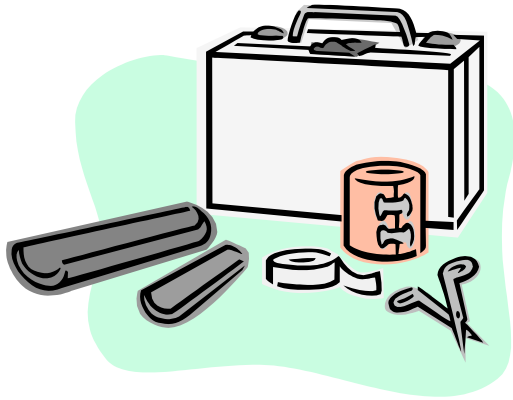


# Introduction to First Aid



# Objectives & Targets

Introduction – emergency Procedure \_  
DRABC

Understanding what risks of Injury on the  
expedition.

Understanding what Outcomes are how  
to treat them

Where to get further information?

What First Aid equipment will we have?



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# Emergency Priorities of Treatment = DR

## D – DANGER

- Look for any further danger
- Make sure casualty, you and any bystanders are safe

## R – RESPONSE

## A – AIRWAY

## B – BREATHING

## C – CIRCULATION

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## R – RESPONSE

- Check casualty is conscious
- Shout for help but don't leave casualty

## A – AIRWAY

- Identify and treat any Life- threatening airway problems (e.g. Choking)
- If casualty is not breathing- tilt the head back to open the airway

## B – BREATHING

- Identify and breathing problems
- If Casualty is unconscious and not breathing- perform CPR
- When Life threatening breathing problems have been ruled out- move onto:

## C – CIRCULATION

- Identify life threatening circulation problems ( severe bleeding etc)
- Move onto secondary Survey

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# Resuscitation DR ABC –

## D – DANGER

- Make sure casualty, you and any bystanders are safe

## R – RESPONSE

- Check casualty is conscious
- Shout for help but don't leave casualty

## A – AIRWAY

- Open the airway by tilting head back and lifting chin

## B – BREATHING

- No Look, listen and feel for more than 10 seconds
- If you are not sure if breathing is normal – treat as though it is not
- CALL 999 ( or get someone else to ) and perform CPR
- If in doubt start CPR



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# Resuscitation DR ABC – 30 to 2

- 30 compressions , then 2 rescue breaths
- Continue giving cycles of 30 compressions to 2 rescue breaths
- Only stop to recheck the casualty if they start to regain consciousness and start breathing normally
- If there is more than one rescuer, change over every 2 minutes to prevent fatigue

•YouTube:

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History – what has happened – is casualty likely to have injuries

Signs – clues such as swelling, bleeding, pale skin, deformity...

Symptoms – how does casualty feel? Do they have any pain?

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# Discussion



What are the likely Injurys on your expedition department's objectives?

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# Discussion – what are likely Injuries



- Broken Limbs – falls/slips/Trips
- Cuts/Grazes
- Burns – from cooking equipment
- Sunburn?
- Stings/Bites
- Allergic Reactions
- Blisters
- Choking
- Hyperthermia?

Can you think of any others?



# Discussion – what are likely Injuries

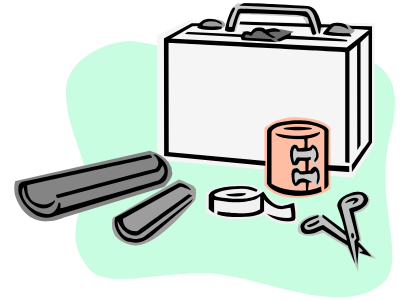


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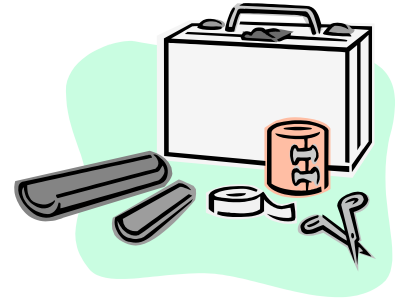


# Broken Limbs



- Likely Cause – falls, trips and slips
- Signs – Pain, loss of power, unnatural movement, swelling and deformity
- Treatment
  - Keep the casualty still and warm ensuring there is no further danger
    - If need be put tent up for shelter
  - Call 999 for emergency help if
    - Casualty has suspected injury to the spine, head or neck
    - The casualty has difficulty breathing
    - The bone has come through the skin
  - Don't try bandaging or immobilising the injury – keep still and cover with sterile dressing if open wound.

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# Choking



- Likely Cause – Choking on food..
- Treatment

- Encourage casualty to cough ....

- 1) Back Blows

- Bend casualty forward and 5 firm blows on the back

- 2) Abdominal thrusts

- Stand behind casualty and place arms around their waist

- Make a fist with one hand just above belly button.

- Grasp this hand with other hand and pull sharply upwards and inwards  
– 5 times.



Repeat Steps 1 and 2

- If Casualty becomes unconscious start CPR

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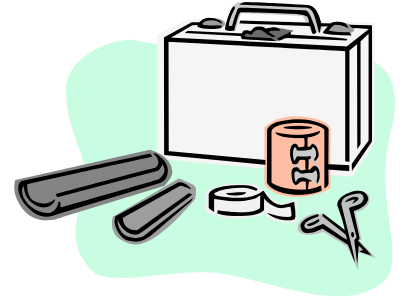


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# Bleeding – Treatment –



- Likely Cause – Falls, trips etc

- Treatment = SEEP

S – Sit or Lay

Sit or lay the casualty down appropriately.

E – Examine

Examine the wound . Look for foreign objects and note how the wound is bleeding.

E – Elevate

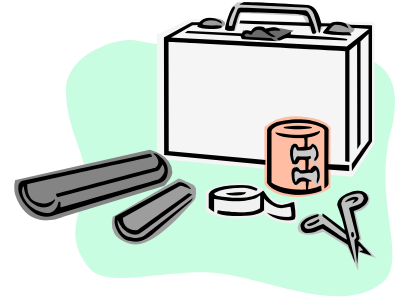
Elevate the wound. Ensure the wound is above the level of the heart, using gravity to reduce the blood flow to injury

P – Pressure

Apply pressure over the wound to stem the bleeding.

If there is an embedded object in the wound , you may be able to apply pressure to either side of the the object

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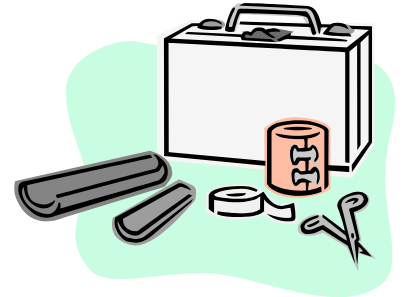
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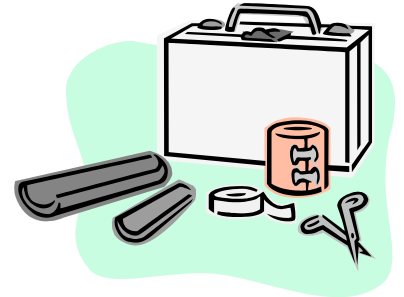
# Burns



- Likely Cause – Burns from Cooking , Hot water etc
- Treatment
  - Cool the Burn
    - Ideally under cool running water for 10 mins
    - If water not available – any other cold liquid ( milk etc ) – or in a cold stream?
    - Take care not to cool large areas of burns to induce Hypothermia. ....
  - Remove jewellery and Loose clothing
    - Remove constricting items because area might swell
    - Remove clothing as it may stick to the burn
    - If clothing is loose – leave as it is
  - Dress the burn
    - With a sterile dressing that won't stick ( cling film – but even a clean plastic bag with help)
- If Burn is severe or casualty has breathed in smoke or fumes
  - call 999.



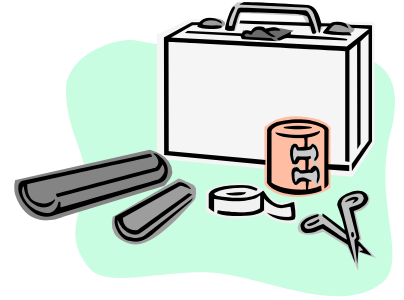
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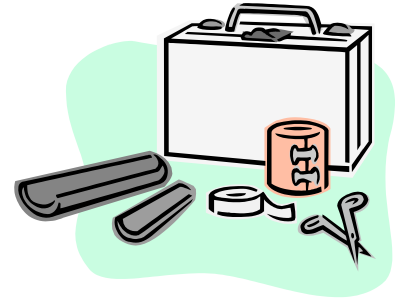


# Sunburns



- Likely Cause – Sunburn
  - Prevention is better than cure – use suntan cream, wear a hat to prevent
  - Treatment
    - Keep casualty out of the sun
    - Rehydrate – ensure casualty drinks lots of water
    - Cool the Burn
      - Ideally under cool running water for 10 mins
      - Use Aftersun cream if available
- If Burn is severe – seek help

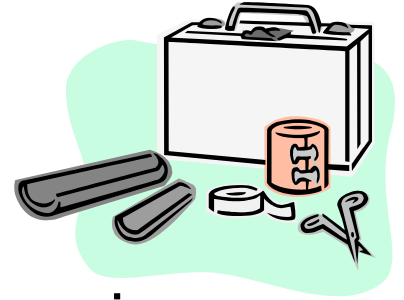
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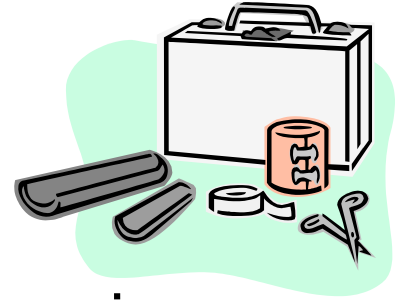


# Stings, bites, Allergic



- Likely Cause – Insect stings, bites or Allergic reactions from food, plants etc
- Prevention – ensure you know any medical conditions for team members and any allergies ( e.g nuts etc)
- Signs –
  - Swelling of area around stings
  - Red, blotchy rash on the skin
  - Fast pulse

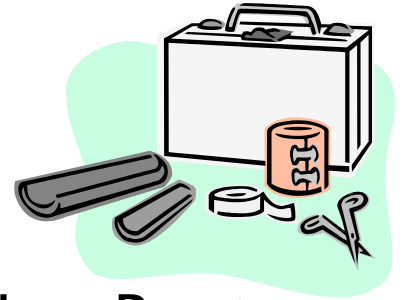
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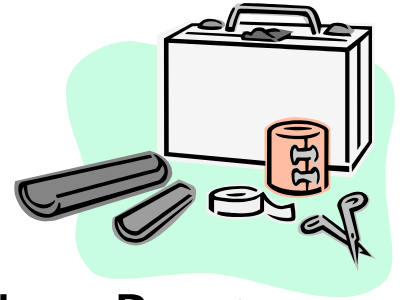


# Minor injuries – Cuts,



- Likely Cause – slips, trips and badly fitting Boots...
- Prevention –
  - ensure you have good boots and have walked them in!!
  - Wear two pairs of socks ??
- Signs – as soon as you feel sore feet –
  - stop and put a plaster on the area of concern.
  - Do not pop blisters– as this can lead to infection
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## First Aid equipment and



- Each group will have two first aid kits
- If group gets split up – ensure you have one kit per group
- Contents as per the D of E recommended list
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# Further information



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