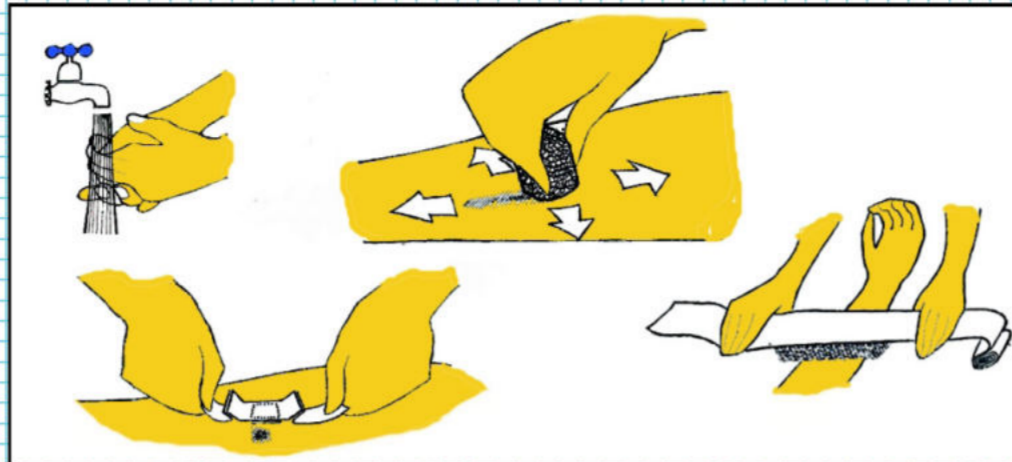


# Ouch!!! that hurts

## some basic first aid tips

You never know the time nor the hour when an injury will happen, so be prepared. Learn the basics of first aid so that you have the confidence to act quickly to aid a victim. First aid is best learnt from the experts so sign up for a first aid course. The golden rule of first aid is never undertake any treatment which you have not been trained, or are unsure N.B. "First, do no harm" Most injuries are minor and can be treated using a few bandages and a first aid kit. If the injury is any more than a cut or scratch then seek medical advice after initial first aid treatment. Keep patient reassured and comfortable until help arrives.

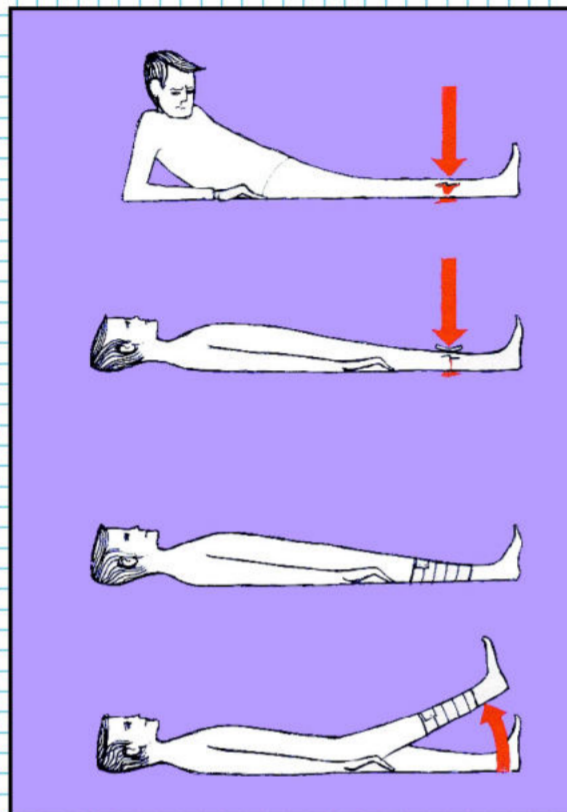


### Cuts and wounds

First step is to stop the bleeding this can be done by applying pressure to the wound. It is a good idea to have examination gloves in your kit for this purpose. Next clean the wound working away from the cut. If it is a simple scratch or cut apply a band aid. If more severe apply a compress bandage. If the cut is deep or a long slash seek medical advice as stitches may be required.

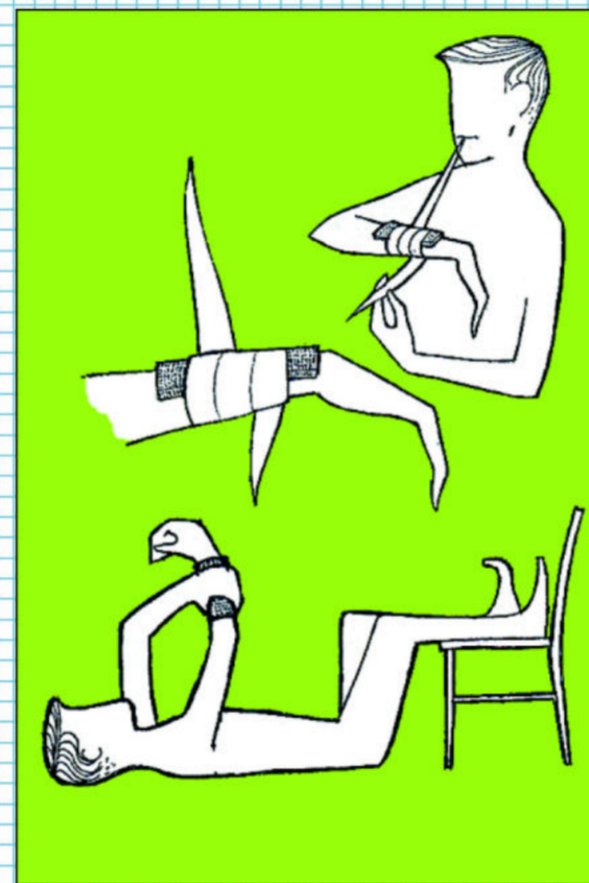
### Leg wounds

The bleeding from leg wounds can be severe as blood vessels are very close to the surface in particular on the shin. Lie the patient down and apply pressure to the wound with a sterile pad of bandage until bleeding stops. Apply a cover bandage. If bleeding persists raise the leg above body for a short period



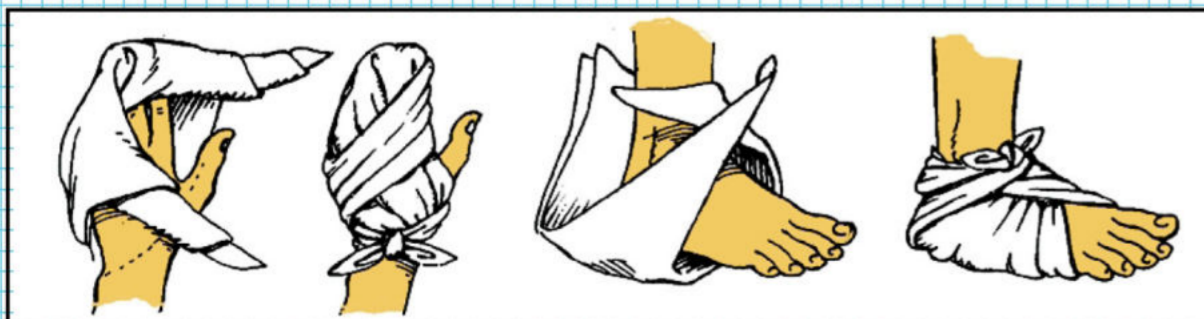
### Self Help

If you injure yourself and there is no one about to help work and practice how you would apply a bandage and treat a cut or wound. If the wound is bleeding and does not cease when pressure is applied lift the affected area above your hand. Lying on the ground with your feet above head level will help to prevent the onset of shock and dizziness.



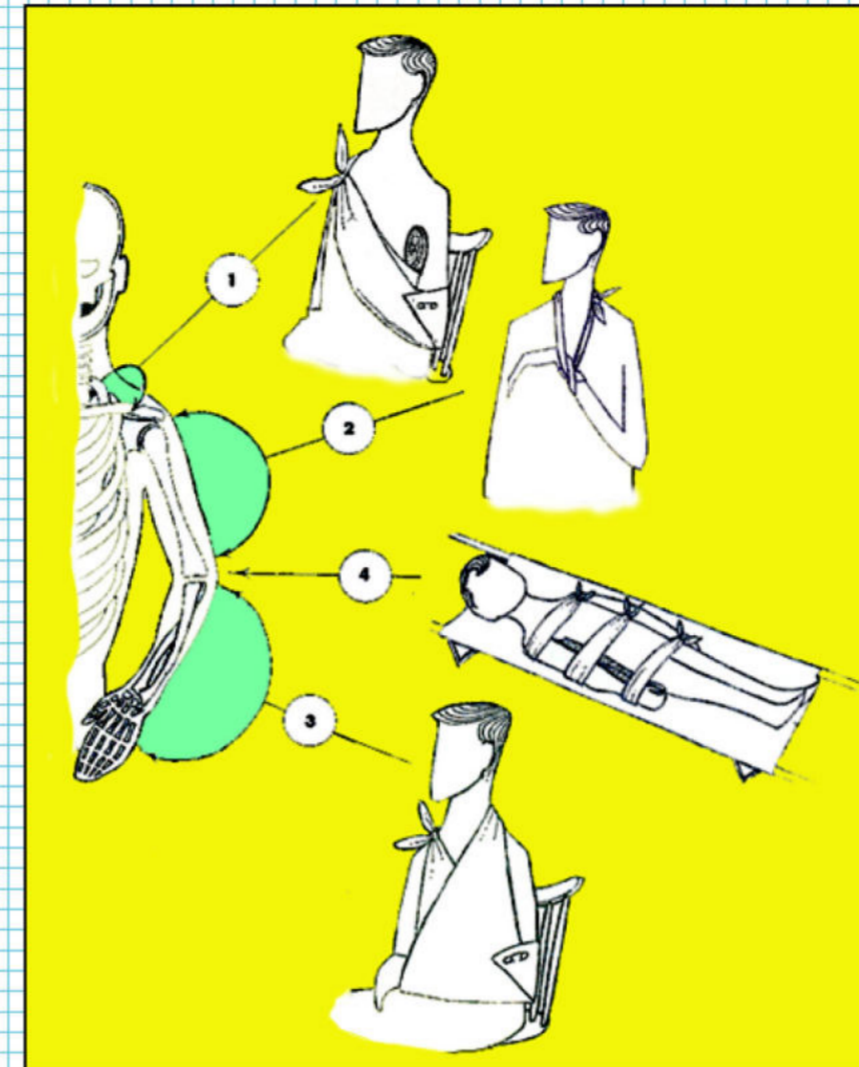
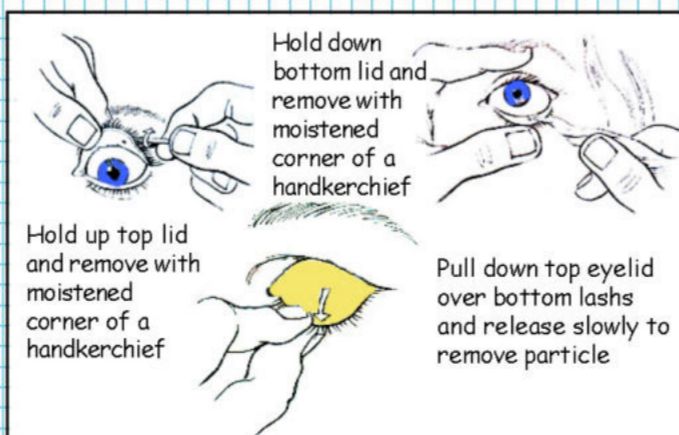
### The triangular bandage or a Scout neckerchief

The triangular bandage or a scout neckerchief is an extremely versatile bandage and can be used in many situations. It can also be folded down to form a band if required or rolled into a doughnut shape to protect exposed and tender wounds. In all cases finish off your bandage with a reef knot tied away from the affected area.



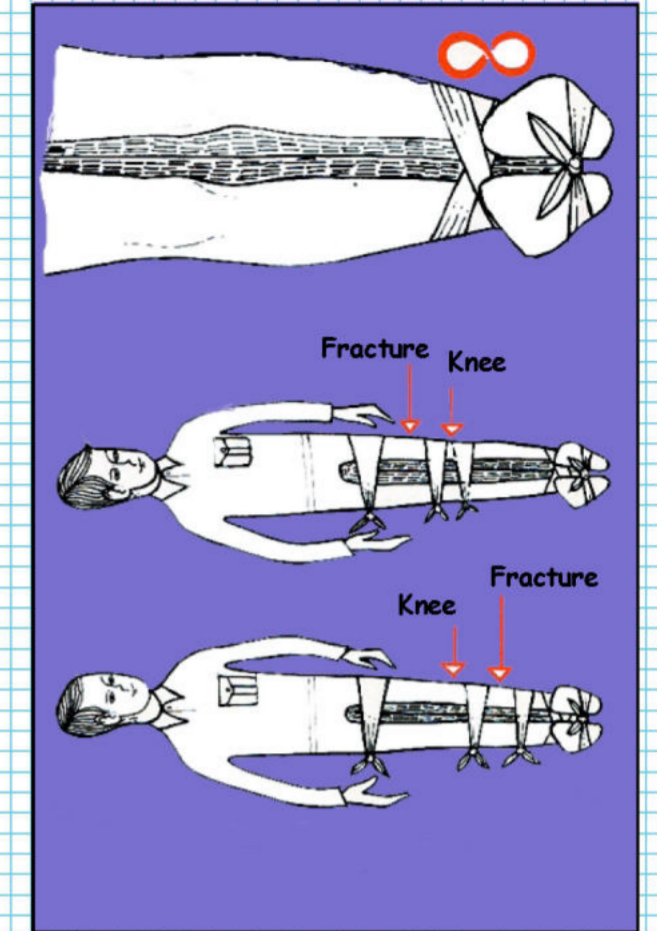
### Eye trouble

Small particles of dirt and grit can get into eyes. Rule number one don't rub the eye as rubbing will make eye sore and can damage the surface of the eye. Be careful and try to locate the grit or dust. When removed wash eye with water



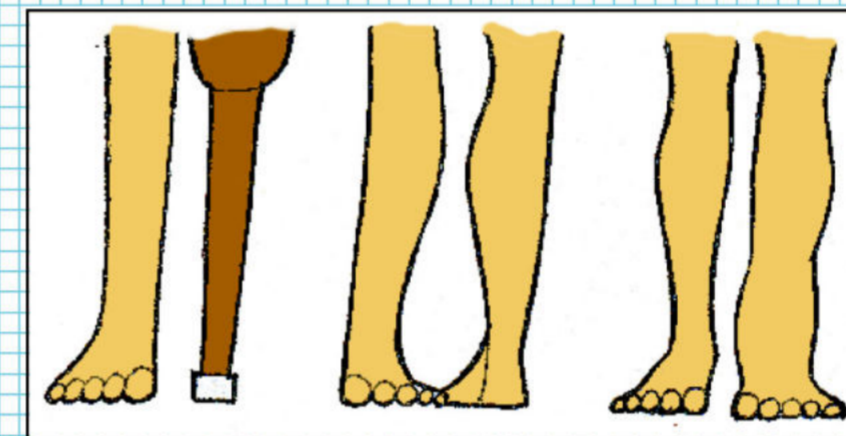
### Fractures to the arm

If your patient has fallen and complains of a pain in their arm and holds the arm tightly to their chest. They may have broken it. The treatment of the fracture is determined by the position of the break. Great care needs to be taken with any fracture as the break may cause internal damage to blood vessels. This is particularly important with fractures in the elbow area. Any treatment is only to aid the comfort of the patient so that they can be transported to expert medical assistance. The triangular bandage is used as shown. Move slowly and let patient move their arm into the fracture sling they know best where it hurts - be gentle



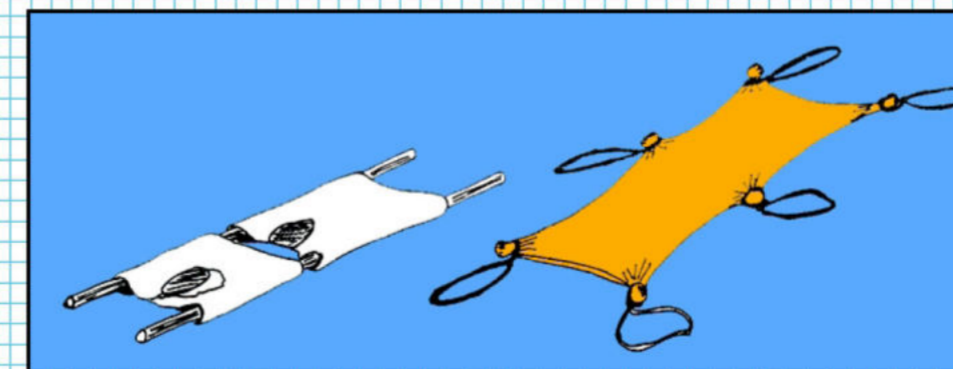
### Fractures to the legs

Fractures to the legs normally results from a fall or a bad twisting of the limb. The limb need to be immobilised for comfort and to prevent further damage. This is best done by strapping it to the good leg. It is important to pad between the legs for comfort. In all cases secure the feet using a bandage tied in a figure of eight. One bandage is used to secure the hips. Then depending where the fracture occurs in relation to the knee bandages are applied as shown. For added security you can apply a splint to prevent any movement of the limb. Be careful and be gentle and beware that any sudden or unnecessary movement will cause pain and may cause further internal injuries to blood vessels and nerves.



### Find out if something is wrong

The best method of finding out if something is wrong is first of all to ask the patient or witnesses to the accident. Compare the effected limb with the other. If a limb is seriously out of line or twisted don't attempt to move it back into its proper position it may cause more damage than good and will cause severe pain to the patient



### Stretchers

Stretchers can easily be made using pullovers or jackets with their sleeves turned inside out and pole passed through them. A bivvy bag also makes an excellent stretcher. Attach loops to the bag by placing a stone in each corner for the tape to hold onto. Stretchers are hard work make sure you have a few people to help and change positions regularly as you travel. Move slowly and carefully over rough ground.



### Lifts and carries