

RED-BACK SPIDER BITE

MANAGING A RED-BACK SPIDER BITE

1. Follow DRABCD.
2. Lie casualty down.
3. Calm Casualty.
4. Management:
 - apply cold pack/compress to area to lessen pain (see below)
 - seek medical aid promptly.



Three ways to make a cold compress:

Use a cloth wrung out in cold water – this needs replacing every 10 minutes

or

Use a bag of frozen vegetables wrapped in a light wet towel to protect the skin

or

Use ice sealed in a plastic bag, two thirds full of water, wrapped in a light wet towel.



SIGNS AND SYMPTOMS

- sharp pain at bite site
- profuse sweating
- nausea, vomiting and abdominal pain.

- intense local pain which increases and spreads
- small hairs stand on end

- patchy sweating
- headache
- muscle weakness or spasms.

Carry the **Bites and Stings** first aid kit when camping or bushwalking. Call St John on 1300 360 455 for further information about the full range of first aid kits.