

SUMMER SAFETY

Sunburn

- Rest casualty in a cool place
- Place under a cold shower, in a cold bath, or sponge with cold water
- Give cool drinks
- Seek medical aid for young babies and casualties with blisters



Drowning

Never attempt a rescue beyond your capability. Do not become a casualty yourself and remember all first aid starts with the St John DRABCD Action Plan.

- If the person isn't breathing
- Begin CPR
- Call 000 for an ambulance

The best solution is prevention:

- Make sure your entire family can swim
- Always supervise children near water
- Never drink and swim
- Always swim between the flags
- Keep your first aid skills up to date by booking into a St John First Aid refresher course

DRABCD

Danger - Is anyone in danger?

Response - Is the person responding?

Airway - Is the airway clear and open? Clear mouth and tilt head back.

Breathing - Can you hear or feel casualty breathing?

CPR- If not breathing commence CPR. For adults, children and infants: 30 chest compressions and 2 breaths

Defibrillation – if possible

This information is not a substitute for a first aid course. St John recommends that everyone complete a Senior First Aid course to ensure they are prepared for any emergency.

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Snake Bites

Preventing Snakebites:

- Make lots of noise when walking in the bush
- Always wear shoes outside
- Don't put your hands and feet where you can't see what's there
- Keep grass cut around your home

Treating Snake Bites

- Using a roller bandage (about 10-15cm wide), pantyhose or other similar material, firmly bandage the entire limb, but not so firmly as to stop the flow of blood
- Start bandaging from just above the fingers or toes and work upwards
- Splint the bandaged limb
- Ensure casualty does not move
- Call 000 for an ambulance
- DON'T cut the bitten area
- DON'T suck the venom out or wash venom off
- DON'T apply a tourniquet
- DON'T try to catch the snake



Bluebottle Stings

- DON'T try to wash the sting off with fresh water
- Pick off any tentacles with tweezers or your fingers
- Apply hot water to reduce pain

Heat Exhaustion

- Lie the person down in a cool place with circulating air
- Loosen or remove almost all clothing
- Sponge with cold water
- Give fluids to drink
- Seek medical aid if casualty vomits or does not recover promptly

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Burns

- Hold the burned area under cool running water for up to twenty minutes
- DON'T break any blisters or apply any lotions or ointments
- Put a sterile non adherent dressing over burned area (or alfoil, plastic wrap, or a wet clean dressing)
- If burn is bigger than a twenty cent piece – seek medical aid

Bee Stings

- Remove stings by scraping sideways with your fingernail or with the edge of a knife
- Apply a cold pack
- Watch for allergic reactions - breathing difficulties, rashes, itching, or swelling around the mouth or eyelids

If an allergic reaction takes place follow DRABCD and call 000 for an ambulance.

- Observe and record pulse and breathing
- If casualty is carrying medication for the allergy it should be taken at once
- If conscious: help casualty to sit in a position which most relieves breathing difficulty
- If unconscious: look for signs of life and prepare to resuscitate if necessary



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