



FIRST AID ACTIVITY


If you are hiking through the natural environment to explore your surroundings you have to know **FIRST AID** basic aspects.


Complete the follow chart about some accidents or injuries you can find or suffer.

For more information, look for the follow webpage:

- Sant John Ambulance: <http://www.sja.org.uk/sja/default.aspx>

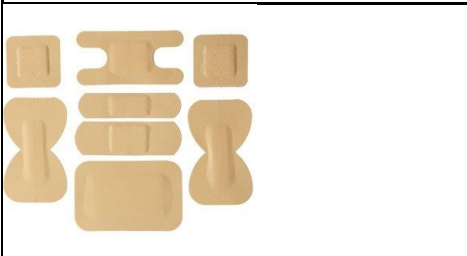
PICTURE	ACCIDENT/DISORDER	SYMPTOMS	TREATMENT
	Bites and stings	<ul style="list-style-type: none"> • Numbness • Pain • Redness • Swelling 	<ul style="list-style-type: none"> • Reassure the casualty and scrape off the sting if necessary • Raise the bitten or stung part, if possible • Apply an icepack • If the pain or swelling continues tell the casualty to seek medical help
	ASTHMA	<ul style="list-style-type: none"> • Difficulty in breathing • Wheezing • Difficulty speaking • Distress and anxiety 	<ul style="list-style-type: none"> • Reassure the casualty • Help the casualty to use their inhaler • Help the casualty into comfortable casualty • Use inhaler every two minutes if required.

	<p>HEATSTROKE</p>	<ul style="list-style-type: none"> •Dizziness and light-headedness •Nausea and vomiting •Lack of sweating despite the heat •Behavioral changes such as confusion, disorientation, or staggering 	<ul style="list-style-type: none"> • Help the casualty to a cool place. • Immerse the patient in a shower or tub of cool water. • Apply ice packs to the patient's armpits, groin, neck, and back.
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	<p>BONE, MUSCLE AND JOINT INJURIES</p>	<ul style="list-style-type: none"> • Swelling • Bruising • Difficulty moving the injured limb • Pain 	<ul style="list-style-type: none"> • Tell the casualty not to move • Support the injured if possible • Arrange the casualty to be taken to a hospital
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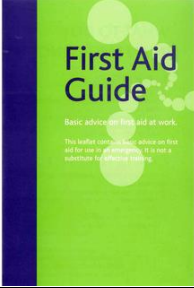
FIRST AID KIT

Which materials would you include in your first aid kit?

	PICTURE	CHECKLIST
		<p>Plasters of assorted sizes</p>



	Medium sterile dressing
	Large sterile dressing
	Sterile eye pad
	Triangular bandages
	Safety pins

		Disposable non-latex gloves
		Guidance Card

