



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"> • Apply an icepack • Raise the bitten • Stung part • Reassure the casualty
	ASTHMA	<ul style="list-style-type: none"> • difficulty in breathing <ul style="list-style-type: none"> • wheezing • difficulty speaking • distress and anxiety 	<ul style="list-style-type: none"> • reassure the casualty • use inhaler • help the casualty tu use their inhaler • help the casualty into a comfortable position

	<p>HEATSTROKE</p>	<ul style="list-style-type: none"> • throbbing headache • light-headedness <ul style="list-style-type: none"> • nausea • lack of sweating <ul style="list-style-type: none"> • dizziness • rapid heartbeat 	<ul style="list-style-type: none"> • immerse you in cold water <ul style="list-style-type: none"> • give you medications to stop your shivering • use evaporation cooling techniques <ul style="list-style-type: none"> • pack you with ice and cooling blankets
	<p>Bone, muscle and joint injuries</p>	<ul style="list-style-type: none"> • swelling • bruising <ul style="list-style-type: none"> • pain • difficulty moving the injured limb 	<ul style="list-style-type: none"> • not to move • support the injured part • arrange for the casualty to be taken to hospital
<p><u>FIRST AID KIT</u></p> <p>Which materials would you include in your first aid kit?</p>			
	<p>PICTURE</p>	<p>CHECKLIST</p>	



	instant ice pack ✓
	plasters ✓
	though cut scissors ✓
	gloves ✓
	wound dressings ✓



bandages

