

First aid for VenMX

NOTE: In all cases, contact VenMX for medical treatment where possible. The list below is only where help is not immediately available

| Issue | Treatment | Supplies taken on trip |
|---|---|---|
| Infection control | Wash hands with sanitizing hand wash gel or hand wipes Clean any infected areas with water | Gloves Sanitizing hand wash gel or hand wipes |
| Minor cuts and lacerations | Wash clean with water Apply antiseptic cream or iodine-based solution e.g <i>Betadine</i> Apply bandaid, sticking plaster or strapping tape | Antiseptic cream or iodine-based solution Bandaid, sticking plaster or strapping tape |
| Serious/major external bleeding Amputation | Apply pad (could use triangular bandage) and pressure bandage Apply tourniquet if bleeding cannot be controlled (Wrap amputated part in plastic & keep cool) | Sterile dressing (large) Triangular bandage Triangular bandage x 2 Plastic bag |
| Internal bleeding | Check vital signs: pulse and colour Rest (raise legs if pulse is weak) | |
| Bone fractures | Immobilise limb | Triangular bandage x 4 |
| Sprained ankle or knee | Rest , compression, elevation Apply strapping tape and bandage Use bush stick as crutch to support walking out | Strapping tape or sticking plaster 100mm conforming bandage |
| Spinal injuries | If pain in neck or back or altered sensation e.g. pins/needles or loss of movement after an accident, assume spinal injury DO NOT MOVE, carefully immobilise neck/back Get help | |
| Blisters | Apply strapping tape or sticking plaster | Strapping tape or sticking plaster |
| Mild infections – external | Wash Apply antiseptic cream or iodine-based solution e.g <i>Betadine</i> Cover with dressing or sticking plaster | Antiseptic cream or iodine-based solution Dressing or sticking plaster or strapping tape |
| Burns and scalds | Run cold water over Cover to prevent infection and reduce pain | Non-stick dressing and bandage |
| Muscle pain | Massage sore muscles | |
| Sunburn | Run cold water over Apply cream if necessary | first aid cream or sunscreen |
| Chaffing | Apply lubricant or cover | First aid cream or strapping tape |
| Heat exhaustion | Slowly give small quantities of water to drink Rest | |
| Hypothermia | Warm clothes, emergency blanket Warm drinks Rest | Emergency blanket |
| Minor Stings and bites | Remove sting (if insect) | Tweezers |
| Serious Stings and bites eg snake | Pressure immobilise entire limb but not to cut off circulation Rest (DO NOT CONTINUE WALKING, GET HELP) | Conforming bandages Triangular bandages |
| Dihorrea | Keep fluids up | Toilet paper |
| Vomiting | Replace fluids/nutrients when possible | |
| Splinters | Remove If deep, apply first aid cream or Betadine and cover with plaster | Tweezers Antiseptic cream or iodine-based solution Sticking plaster or strapping tape |
| Pain | Take Panadol | Panadol |
| Penetrating objects | DO NOT REMOVE, immobilise Apply donut bandage | Triangular bandages |
| Foreign body in eye | Rinse with saline Cover with bandage if necessary | Saline Conforming bandage/triangular bandage |
| Insect or foreign body in ear | Warm water in ear may float insect out | |
| Ticks | Apply insect repellent cream eg. <i>Rid</i> Remove with tweezers (ensure head is removed) | Insect repellent cream eg. <i>Rid</i> Tweezers |