



EXPEDITION SKILLS

FIRST AID - INJURY

WEEK 5

First Aid is the first thing we do to provide help when someone is injured or ill.

When on Expedition, you will be taking part in a physical activity such as walking, canoeing, or riding a bike, which can all have the risk of injury. It is important to know what to do when a member of your group gets injured while on expedition. Below are some of the common things that might require First Aid, but there may be other things that happen too. Hopefully you won't need to know any of this, but it is better to Be Prepared!

****Report ALL First Aid procedures to your Supervisor. If the situation is Urgent, Tell your supervisor Immediately****



On Expedition, you will have a First Aid Kit

- Know what is in your Kit
- Know how to Use Everything in your Kit
- Your Leader will go over both the kit and how to use everything in it during a First Aid session before your expedition. This is the time to Listen, Learn, and Ask Questions!

Most of you have already completed a First Aid course in school or with us, so while some of this information may be a repeat, please go through it.

I know there seems to be a lot of information, but take your time and understand it. There is a to complete at the end which will help you to see how much you have learned. Ask me if you want help with it!

Let's talk about the kind of INJURIES you or a member of your group might get while on Expedition:

Blisters:

Blisters are pockets of fluid that build up when your skin rubs against something and gets irritated.

Common ways to get Blisters are: Ill-fitting Boots, ill-fitting Socks, or even if you walk in Wet Socks or Boots.

Common spots for blisters while on Expedition are: Feet, toes, heels, ankles

Blisters can happen on any part of your skin, but it is the rubbing and irritation of the skin which makes the blister and our feet get used the most while on Expedition!

Prevention:

- Wear Good Fitting Boots!
- Walk in your Boots Before Expedition.
- Wear Appropriate Socks (most outdoor shops that support DofE will be able to advise you on choosing socks that are good for your feet on Expedition)
- Make sure to keep your Boots and Socks DRY! This might mean you take extra socks and change your socks a couple of times per day. Removing boots while in camp to let them dry is also a good idea (take trainers to change into)

Treatment of Blisters:

If you do get a Sore Spot or a Blister, you can treat it:

- Blisters start as Sore Spots. As soon as you feel a sore spot, use a Blister Plaster, it will keep it from getting worse.
- If you have a Blister, use a Blister Plaster, it will help to keep the blister from bursting or getting worse.
- Do not burst or open a blister! OUCH!! It can then let in dirt and cause an infection... this will hurt more and will take longer to heal.

****Contact Supervisor if a Blister causes so much pain that a member of your group cannot continue****

Burns/Scalds:

Burns and Scalds are what happens when our skin is touched by:

- Hot items (Pans, Stoves)
- Steam (Cooking)
- Sunshine!



Stoves: (Hot Items and Steam)

You will be required to cook while on Expedition and this means you will use a Trangia Stove This stove will be used to cook your food and make you a hot drink. The stoves use gas and an open flame and can produce a lot of Heat! Cooking can also produce a lot of Steam.

Prevention:

- Steam can burn quickly so be aware and cautious when cooking. Do not lean over pans and kettles and Be Careful removing lids.
- Water can burn you even if it is not boiling, so please Be Careful when moving pans with water in them that have been on the stove.
- DO NOT play, dance, jump, or mess around when cooking, it is very easy to tip a pan of hot water onto yourself or others and this can Scald! Ouch!
- DO NOT Smoke or have open flames near the stoves
- DO NOT use stoves near tents or other material that can catch fire

***Please note that there is a separate Module on the Trangia Stoves where we will go over how to use the Stoves correctly**

Sunburn:

We have probably all had a at some point in our lives... they ! That is because your skin has become too hot and has burned. Most people have only had a mild burn where our skin goes a bit red and sore and after a few days it starts to peel. However, we live in Scotland and sometimes the sun can burn us even when it doesn't seem very hot outside. We need to take care of our skin (includes your head!) so that we protect it from getting too hot and burning.

Prevention of Sunburn:

- Wear Suncream and reapply it throughout the day.
- Wear a hat that provides shade for your face and neck.
- If possible on hotter/sunnier days, plan on taking breaks in a shaded area. Or use an umbrella to create shade.

Treatment of All Burns/Scalds:

All Burns/Scalds can be treated in the same way whether they are from hot objects, steam, or sunshine.

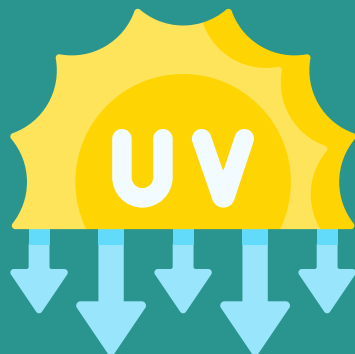
Run Cool water over the burned area for at least 10 minutes.

- On a trail there might be taps with cold water, this is good to use
- You can use bottled water
- You can use a stream if it is safe to do so (do not get any other part of the body or clothing wet as this can cause you to get very cold)

- Remove clothing around burn (If it is not stuck to the burned area)
- Remove any jewellery around burned area (if safe to do so)
- Once you have cooled the burn for at least 10 minutes, Cover It with a clean dressing such as Clingfilm or a clean plastic bag. (Clingfilm is best to cover over a burn. This keeps the area clean and is easily removed for treatment later.)

(DO NOT use creams, lotions, or anything that can stick to the burns such as cloth).

****Report ANY and ALL Scalds/Burns to your Supervisor Immediately****



Sprains/Strains/Breaks:

These are probably the most common types of injuries on Expeditions because you are outdoors on uneven surfaces and surfaces can get wet depending on the weather.

Sprains are when ligaments are pulled or torn, most likely to happen at the knee or ankle.

Strains are when we pull muscles a bit much and they hurt. Usually the calf or thigh muscles, but also the shoulders and back.

Both of these can happen easily when out walking on Expedition because even on a path we can step down wrong or twist our ankle. We can lift our rucksack too fast or we can trip and fall.

Break: is when you actually break a bone. This is very painful and can be very serious depending on what you have broken. Always call your supervisor if you suspect a member of your group has a broken bone.

****Call your Supervisor Immediately if you think there is a break to any of the following: Skull, Femur(thigh bone), Pelvis, Neck, or Back****

Prevention:

- Wear Good Boots (well-fitted)
- Be Careful when surfaces are Slippery or Wet or if the ground is Uneven or Steep.
- Look where you are walking.
- Regular physical activity. Use the Physical section to get your body strong so that the expedition isn't too taxing on your body.

Symptoms:

- Pain, Swelling, Loss of Movement, Deformity (this is when there is a broken bone, the area may not look right or it may look out of place)

Treatment: Treat all Strains and Breaks with the following 4 steps:

1. Rest
2. Cool (cool water or ice packs)
3. Compress (use a bandage to keep the injury from moving around)
4. Elevate as appropriate

****If the injury is too painful for the person to continue, let your Supervisor know and they will tell you what you should do next.** ** Follow Emergency Procedures ****



Bleeding:

While on expedition, there is the risk that someone might get a cut and start bleeding. Although the sight of blood can be very distressing, it is important to treat the wound correctly and quickly. You have all had First Aid Training on how to treat bleeding.

Prevention:

Be Careful and Pay Attention to what you are doing. There are plenty of things that can cut you or cause you to bleed. A few examples are below:

- Tent poles, tent stakes, tree branches, falling onto rocks, nails on gates, sharp edges on stoves or pans, etc.

Treatment:

Locate your **First Aid Kit**, there will be gloves, bandages, and plasters. If the cut is small and not bleeding too much:

- Using a small dressing, apply pressure to the wound until it stops bleeding
- Disinfect (clean the wound) with clean water or disinfecting material in your kit.
- Cover with a bandage or plaster (depending on the size required).

If the cut is bleeding a lot or is large:

- Call your Supervisor for help immediately!
- Using a clean dressing, apply pressure until bleeding stops.
- Secure the dressing with a bandage (First Aid training: you should remember how to secure the injury using bandages)
- Treat the person, sit them down and keep them warm.

****Follow Emergency Procedures****

Head Injuries:

Once again, you will remember from your First Aid training that head injuries can be very serious. If someone has hit their head: **** Call your Supervisor Immediately!**** ****Follow Emergency Procedures****

Well Done!! That is a lot of information to learn about First Aid – Injury on Expedition! Some of it is common sense, and ALL of it is important for you to know. Another step closer to going on Expedition.



Well Done!! That is a lot of information to learn about First Aid – Illness on Expedition! Some of it is common sense, and ALL of it is important for you to know. Please complete the quiz below.

First Aid Illness: QUIZ

1. What bit of Expedition Kit should you have and know how to use?
2. What are 2 things you can do to prevent Blisters?
3. What is the best thing to do if you have a Blister while on Expedition?
4. What are 3 things that can cause a Burn?
5. What 4 steps should you take when treating burns?
6. What are the 4 steps when treating a Strain or a Break?
7. What should you do if someone is bleeding a lot or the cut is large?
8. Why should you contact your supervisor immediately if someone hits their head?
9. What should you do (who should you contact) for ALL burns/scalds, serious injuries, or if someone is really struggling to continue with the Expedition?



Scenarios

Each of these scenarios has happened on Expedition. Once you have read over them, please answer what you would do if this happened to you or a member of your group while on Expedition.

Scenario 1: A group are boiling water on their stove. Someone accidentally knocks it over and boiling water scalds a girls foot. She has socks on but no boot. What do you do?

Scenario 2. A boy is walking across rough ground. His foot goes into a hole in the ground but as he falls forward his foot is trapped. He shouts that's he's hurt his ankle and it's massively painful. He can't put weight on it and can't walk. It's 4.00 in the afternoon and they are a long way short of their campsite. They are 5 hours away from a road. What do they do?

Scenario 3. It's a very hot day. A girl who is normally a strong walker is at the back of the group and is struggling to keep up. She seems to be limping. What does the group do?