



# FIRST AID IN THE PACIFIC

In partnership with **Sir Brian Bell Foundation**

## WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

## THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

# SNAKE BITES

## SIGNS AND SYMPTOMS

- Pain, swelling, bleeding
- Dizziness
- Vomiting or feeling sick

## LESS COMMON

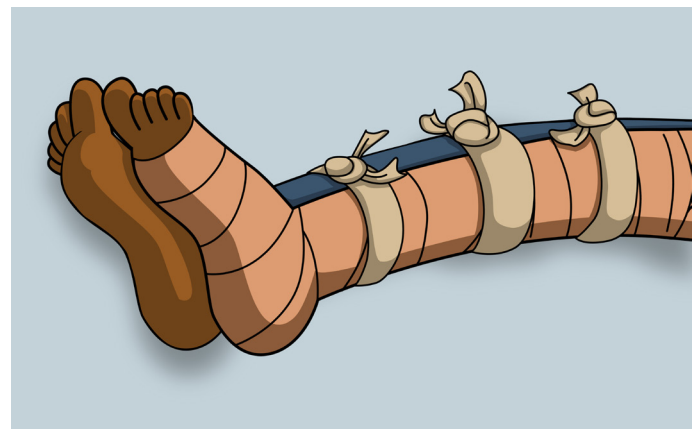
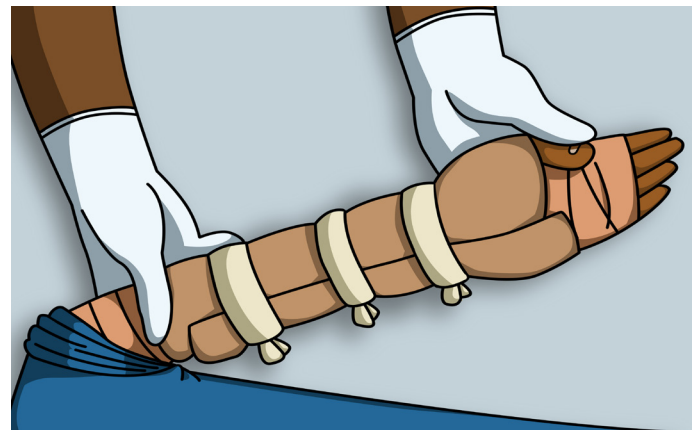
- Headache
- Tummy pain
- Eyesight changes
- Difficulty breathing
- Weakness or sleepiness
- Cardiac arrest

## PREVENTION:

**In the house:** do not keep animals in the house that snakes can hunt

**In the farm house or garden:** use a light when dark, and clear possible hiding places for snakes, like rubbish heaps, long grass, building materials, or termite mounds.

**In the village:** use proper shoes when walking at night or in long grass, do not put hands into holes or nests. Fishermen should not touch sea snakes that they catch.



Snake bites are common in Papua New Guinea and all bites must be treated as a life threatening emergency. Call the ambulance straight away.

## WHAT YOU SHOULD DO:

1. Look after breathing and heartbeat first (DRSABC - **D**anger - **R**esponse - **S**end for help - **A**irway - **B**reathing - **C**PR). Start chest compressions and call the ambulance if the person is not responding.
2. Ask the patient to stay still. Reassure the patient so that they are calm and move as little as possible.
3. Do not try to wash the venom out because it is important to bandage as soon as possible.
4. Apply bandaging as tight as possible, starting from the bite, wrapping down towards the foot or hand, and then back up towards the body.
5. Use splints to make sure the person doesn't move the limb where the bite happened.



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