



In partnership with **Sir Brian Bell Foundation**

FIRST AID IN THE PACIFIC

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

STONEFISH

SIGNS AND SYMPTOMS

- Pain, usually lasting 30 minutes
- Redness and bleeding
- Vomiting and feeling sick

LESS COMMON SYMPTOMS:

- Difficulty breathing
- Muscle pains



WHAT YOU SHOULD DO:

1. Look after breathing and heartbeat first (DRSABC). Start chest compressions and call the ambulance if the person is not responding.
2. Reassure the patient and ask them to rest.
3. Wear gloves to remove the stinger. Don't rub the area with bare hands.
4. Put the bite in hot water for 20 minutes. The water should be as hot as possible without burning the patient.
5. Continue to rinse the bite. For example, use a hot water shower or, if using a foot bath, moving the foot in the hot water and taking the foot out briefly before putting it back into the foot bath.
6. If pain continues, repeat hot water and seek medical aid if symptoms are severe.

IMPORTANT NOTE:

Always wear protective footwear when walking on the reef or in the sea



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