

St John
Ambulance
Cymru



Healthcare services
Training & supplies
Youth development
Volunteering
Fundraising

WILD WALES

OUTDOOR FIRST AID

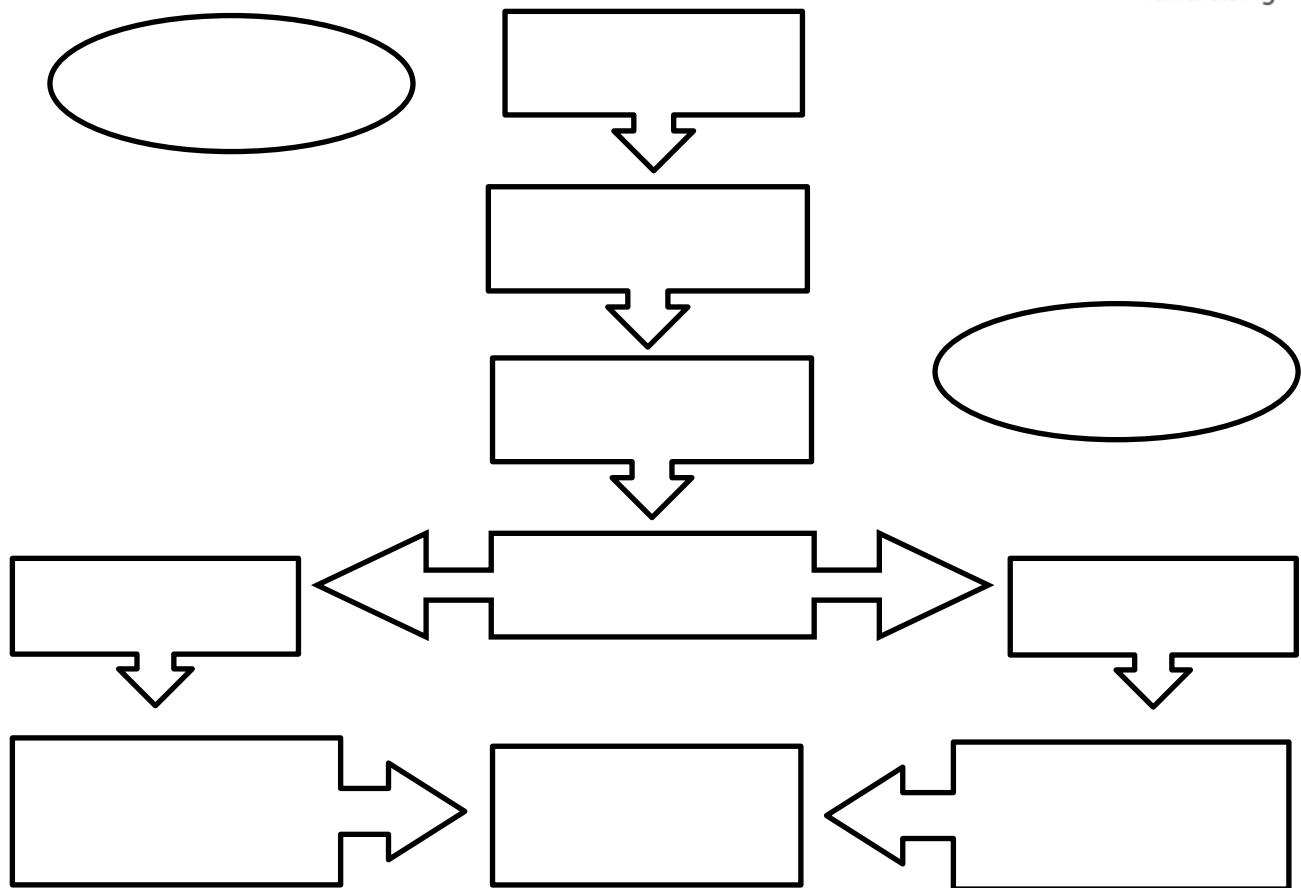
Primary survey

Write/place the words below in the correct box on the flowchart:

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Cymru



Healthcare services
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Fundraising



Yes

CPR

No

Airway

Circulation

Breathing

Response

Danger

Recovery Position

Dial 999 / 112

Shout for help

Bone, muscle & joint injuries

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Activity 1

We use RICE to help us remember how to treat a sprain or a strain. Next to each of the letters, complete the word and draw a picture that matches that word.

R _ _ _	
I _ _	
C _ _ _ _ _ _ _ _ _ _ _ _	
E _ _ _ _ _	

Bone, muscle & joint injuries

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Activity 2

1. List three ways you could tell if someone has a sprain or a strain

2. List three ways you could tell if someone has broken a bone:

3. What is affected by a dislocation? Choose from BONE, MUSCLE or JOINT.

Bites & stings

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Using the list of words in the boxes below,
fill in the gaps in the sentences.

casualty	reassure	icepack	allergic reaction
raise	swelling	seek medical help	

- There may be pain, redness or _____ around the site of the bite or sting
- The severity will depend on what has bitten or stung the _____
- A severe _____ is a possible complication.
- _____ the casualty and brush off the sting, if possible
- _____ the bitten or stung part, if possible
- Apply an _____
- If the pain or swelling continues tell the casualty to _____

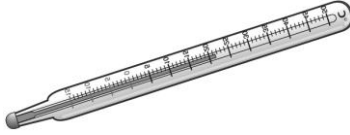





Hypothermia

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Which of these statements are true and which are false?

<input type="checkbox"/> Someone with hypothermia might act confused.	<input type="checkbox"/> Hypothermia is when your body temperature gets too high. 
<input type="checkbox"/> Always place someone with hypothermia next to a heater. 	<input type="checkbox"/> The elderly and very young are most likely to get hypothermia. 
<input type="checkbox"/> A casualty with hypothermia may be shivering.	<input type="checkbox"/> You should give a casualty with hypothermia chocolate and warm drinks. 
<input type="checkbox"/> If you are outside, you should give a casualty with hypothermia some of your own clothing. 	<input type="checkbox"/> Someone is more likely to develop hypothermia on a windy day. 

Head injuries



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Which of these statements are true and which are false? Tick the boxes.

	True?	False?
Head injuries may also involve injuries to the spine.		
You should check the casualty once and then leave them alone.		
You could pinch their earlobe to see if they respond to pain.		
When you call 999/112, you should tell the operator you suspect a head injury.		
The casualty will be able to answer questions and talk sensibly if they have a head injury.		
The casualty may have different sized pupils.		
If the casualty was in the middle of a rugby game, you should let them finish the game before you treat them.		
Even if you suspect a spine injury, you can move the casualty if you need to.		
Vomiting is not a symptom of a head injury.		
A seizure can be a symptom of a serious head injury.		

Foreign objects

Scenario

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What has happened? (make up a short story)

What injuries/illnesses do you suspect?

How are you going to deal with the situation?

Are there any dangers?

Become a young action hero!



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If you enjoyed learning some first aid in school and want to learn more, why not become a Badger or Cadet for St John Ambulance Cymru.

Our Badger Setts are open to young people between the ages of 5 & 10. Being a St John Badger will give you the opportunity to get involved in some of the following activities and many more.

- * Arts and crafts
- * Competitions
- * Helping other Badgers
- * Camps and outdoor activities
- * Plays and pantomimes
- * Learning how to save a life

Our cadet groups are available to young people between the ages of 10 to 18. Cadets will get the opportunity to:

- * Meet new people
- * Help your local community
- * Get involved in outdoor activities and sports
- * Learn new skills

If you would like to become a badger or cadet you will need permission from a parent or guardian.

For more information,
please visit <https://www.sjacymru.org.uk/>



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OUTDOOR FIRST AID

Primary survey

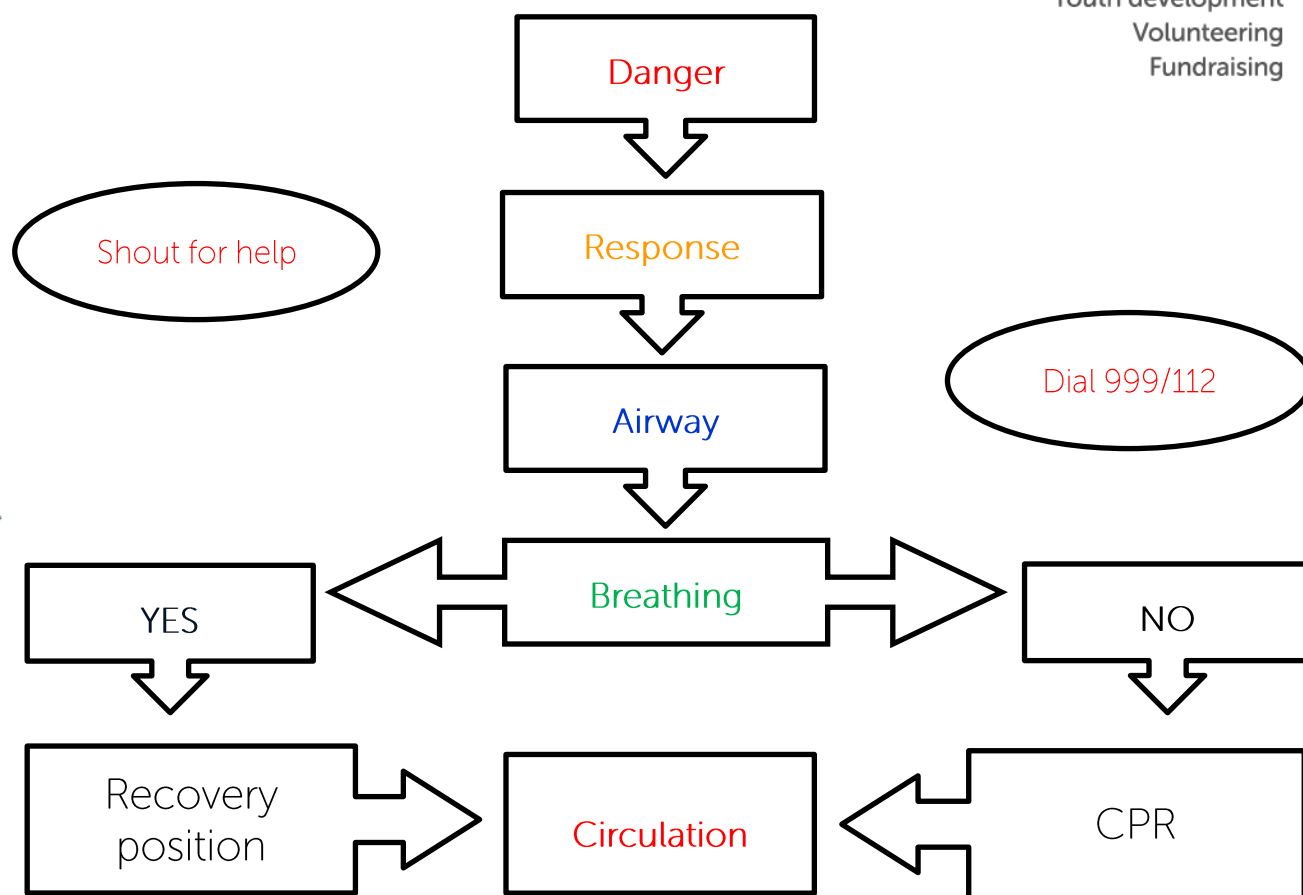
Answers

Place the words below in the correct box on the flowchart:

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Bites & stings

Answers

Using the list of words in the boxes below, fill in the gaps in the sentences.



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casualty	reassure	icepack	allergic reaction
raise	swelling	seek medical help	

- There may be pain, redness or **swelling** around the site of the bite or sting
- The severity will depend on what has bitten or stung the **casualty**
- A severe **allergic reaction** is a possible complication.
- **Reassure** the casualty and brush off the sting, if possible
- **Raise** the bitten or stung part, if possible
- Apply an **icepack**
- If the pain or swelling continues tell the casualty to **seek medical help**

Bone, muscle & joint injuries



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Activity 1 answers

1. We use RICE to help us remember how to treat a sprain or a strain. Next to each of the letters, complete the word and draw a picture that matches that word.

R <u>E</u> <u>S</u> <u>I</u>	Any appropriate picture
I <u>C</u> <u>E</u>	Any appropriate picture
C <u>O</u> M <u>F</u> O <u>R</u> T <u>A</u> B <u>L</u> E S <u>U</u> P <u>P</u> O <u>R</u> T	Any appropriate picture
E <u>L</u> <u>E</u> <u>V</u> <u>A</u> <u>T</u> <u>I</u> <u>O</u> <u>N</u>	Any appropriate picture

Activity 2 answers

1. List three features of a sprain and a strain:

- Swelling
- Bruising
- Tenderness
- Pain
- With a sprain the joint may be unstable
- Difficulty in moving

2. List three features of a broken bone:

- Pain
- Swelling
- Bruising
- Deformity
- Possible signs of shock
- Possible wound or bone protruding
- Casualty may be unable to move the affected area

3. What is affected by a dislocation?

- Joint

Hypothermia

Answers



<p>True - Someone with hypothermia might act confused.</p> <p>People affected by hypothermia will also appear dazed, disoriented, and may have slurred speech.</p>	<p>False - Hypothermia is when your body temperature gets too high.</p> <p>It's when the body temperature drops too low:</p> <ul style="list-style-type: none">• 37°C is normal body temperature• 35°C is moderate hypothermia• 30°C is severe hypothermia
<p>False- Always place someone with hypothermia next to a heater.</p> <p>This may cause burns.</p>	<p>True- The elderly and very young are most likely to get hypothermia.</p> <p>We all have an internal mechanism that regulates our body temperature; it is under-developed in an infant. Poor food, poor heating or illness can affect an elderly person.</p>
<p>True - A casualty with hypothermia may be shivering.</p>	<p>True - You should give a casualty with hypothermia chocolate and warm drinks.</p> <p>Chocolate or other high-energy foods will provide the body with the fuel and energy it requires to heat itself up</p>
<p>False - If you are outside, you should give a casualty with hypothermia some of your own clothing.</p> <p>To do so would also put you at risk of hypothermia. It's better to seek shelter and cover the casualty with a blanket, foil blanket or even newspapers.</p>	<p>True - Someone is more likely to develop hypothermia on a windy day.</p> <p>It's known as the 'wind chill factor'. Cold winds can pull warmth away from a person's body very quickly. The situation is made even worse if the person is wet.</p>

Head injuries

Answers



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Which of these statements are true and which are false?

Tick the boxes.

	True?	False?
Head injuries may also involve injuries to the spine.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
You should check the casualty once and then leave them alone.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
You could pinch their earlobe to see if they respond to pain.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
When you call 999/112, you should tell the operator you suspect a head injury.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
The casualty will be able to answer questions and talk sensibly if they have a head injury.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
The casualty may have different sized pupils.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If the casualty was in the middle of a rugby game, you should let them finish the game before you treat them.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Even if you suspect a spine injury, you can move the casualty if you need to.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Vomiting is not a symptom of a head injury.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
A seizure can be a symptom of a serious head injury.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Foreign objects

Scenario - Answers

Look for the key points mentioned below.



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What has happened? (make up a short story)

Judy was tidying up her car and when shaking the rug she has got dust in her eye. / The lady had an insect fly into her eye.

What injuries/illnesses do you suspect?

It looks like the lady has got a foreign object in her eye.

How are you going to deal with the situation?

Pour clean water into the corner of the eye with the lady's head tilted onto the side, so water runs away and off her face. Encourage her not to rub her eyes.

Are there any dangers?

There may be traffic nearby.