

## **Bronze D of E – 1<sup>st</sup> Aid**

### **Blisters**

Blisters are an ever-recurring problem, but you can reduce the chances of getting blisters by ensuring that your boots are well broken-in!

Also wearing two pairs of socks can help

On arriving at your campsite, remove your boots and put on trainers or lightweight footwear to allow your feet to harden again.

At the 1<sup>st</sup> signs of discomfort/rubbing, remove your boot, even if it means bringing the whole group to a stop, cover the affected and surrounding area with thin chirology felt or moleskin to reduce any further rubbing.

Compeed plasters are also very effective.

### **Sunburn**

Use a sun block or high factor sunscreen on all exposed skin and protect your arms and legs with clothing. Your head will also need covering with a hat. You have all been told about the effects of wearing strappy tops in the sun and having to carry a rucksack!! Sympathy for sunburn will be hard to give I'm afraid! Be warned!

### **Minor cuts/abrasions**

Usually require little more than cleaning and an adhesive dressing

### **Burns**

DON'T pick up any part of the Trangia stove with your hands! Use the handle! If you do manage to burn yourself on the stove, the area should be held under cold running water for at least 10 minutes plus. Specialist burn plasters are available from shops.

- DON'T touch the burned area
- DON'T put any lotion, cream or ointment on the burned area
- DON'T burst any blisters
- DON'T remove clothing sticking to the burn
- DON'T use fluffy material which will stick to the burn

### **Fainting**

Rest lying with the head down and knees up, followed by a drink

### **Sprains**

If ankle is in a boot, do not remove the boot as it will contain the swelling. Rest and if possible immerse the foot and boot in cold water. If possible a cold crepe bandage could reduce swelling and provide support.

## Emergency Procedures

- **Please do NOT ring a member of staff unless the situation is a REAL emergency.**
- **If you need to ring, please ring your supervisor or Mr Garbett.**
- **Please only ONE person ring, once!**
- **When ringing, make sure you know the details of what has happened, WHERE on the map you are – giving co-ordinates – do not guess!**
- **Describe the situation to the member of staff you ring in a calm and clear manner – possibly away from the rest of the group so it is quiet. Sometimes mobile phone reception in Derbyshire is not very good and your connection may not be very clear.**
- **DO NOT PANIC! – a member of staff receiving a phone call with shouting and screaming in the background is VERY confusing and will only delay us getting help to you!**
- **If you need to go for help ('escape to' section on the route card!) there must be TWO people who go to find help. The other group members should stay with the person who has been hurt.**
- **The best navigators should go for help – redistribute camping gear so that a tent/poles/flysheet are left with the injured person, also leave a stove/fuel and ample food and drink**
- **Those staying with the injured person should erect a tent to keep the patient warm. Set a lookout and make the site more visible.**
- **Please remember it could be some time before a member of staff can get to you so clear directions about your location are essential.**
- **Above all DO NOT PANIC, stay calm and help will get to you quicker!**

**MOBILE PHONES must ONLY be used in an emergency and as a rule should be turned off during the expedition.**

**If you find that you are going to be very late in getting to either your campsite on Saturday, or back to the meeting point on Sunday then you should turn phones on in case a member of staff rings you to find out where you are.**