

## First aid and Medical supplies for VenMX

Issue	Treatment	Supplies taken on trip
Infection control	Wash hands with sanitizing hand wash gel or hand wipes Clean any infected areas with water	Gloves Sanitizing hand wash gel or hand wipes
Minor cuts and lacerations	Wash clean with water Apply antiseptic cream or iodine-based solution e.g <i>Betadine</i> Apply bandaid, sticking plaster or strapping tape	Antiseptic cream or iodine-based solution Bandaid, sticking plaster or strapping tape
Serious/major external bleeding Amputation	Apply pad (could use triangular bandage) and pressure bandage  Apply tourniquet if bleeding cannot be controlled (Wrap amputated part in plastic & keep cool)	Sterile dressing (large) Triangular bandage Triangular bandage x 2 Plastic bag
Internal bleeding	Check vital signs: pulse and colour Rest (raise legs if pulse is weak)	
Bone fractures	Immobilise limb	Triangular bandage x 4
Sprained ankle or knee	Rest , compression, elevation Apply strapping tape and bandage Use bush stick as crutch to support walking out	Strapping tape or sticking plaster 100mm conforming bandage
Spinal injuries	If pain in neck or back or altered sensation e.g. pins/needles or loss of movement after an accident, assume spinal injury DO NOT MOVE, carefully immobilise neck/back Get help	
Blisters	Apply strapping tape or sticking plaster	Strapping tape or sticking plaster
Mild infections – external	Wash Apply antiseptic cream or iodine-based solution e.g <i>Betadine</i> Cover with dressing or sticking plaster	Antiseptic cream or iodine-based solution Dressing or sticking plaster or strapping tape
Burns and scalds	Run cold water over Cover to prevent infection and reduce pain	Non-stick dressing and bandage
Muscle pain	Massage sore muscles	
Sunburn	Run cold water over Apply cream if necessary	first aid cream or sunscreen
Chaffing	Apply lubricant or cover	First aid cream or strapping tape
Heat exhaustion	Slowly give small quantities of water to drink Rest	
Hypothermia	Warm clothes, emergency blanket Warm drinks Rest	Emergency blanket
Minor Stings and bites	Remove sting (if insect)	Tweezers
Serious Stings and bites eg snake	Pressure immobilise entire limb but not to cut off circulation Rest (DO NOT CONTINUE WALKING, GET HELP)	Conforming bandages Triangular bandages
Dihorrea	Keep fluids up	Toilet paper
Vomiting	Replace fluids/nutrients when possible	
Splinters	Remove If deep, apply first aid cream or Betadine and cover with plaster	Tweezers Antiseptic cream or iodine-based solution Sticking plaster or strapping tape
Pain	Take Panadol	Panadol
Penetrating objects	DO NOT REMOVE, immobilise Apply donut bandage	Triangular bandages
Foreign body in eye	Rinse with saline Cover with bandage if necessary	Saline Conforming bandage/triangular bandage
Insect or foreign body in ear	Warm water in ear may float insect out	
Ticks	Apply insect repellent cream eg. <i>Rid</i> Remove with tweezers (ensure head is removed)	Insect repellent cream eg. <i>Rid</i> Tweezers