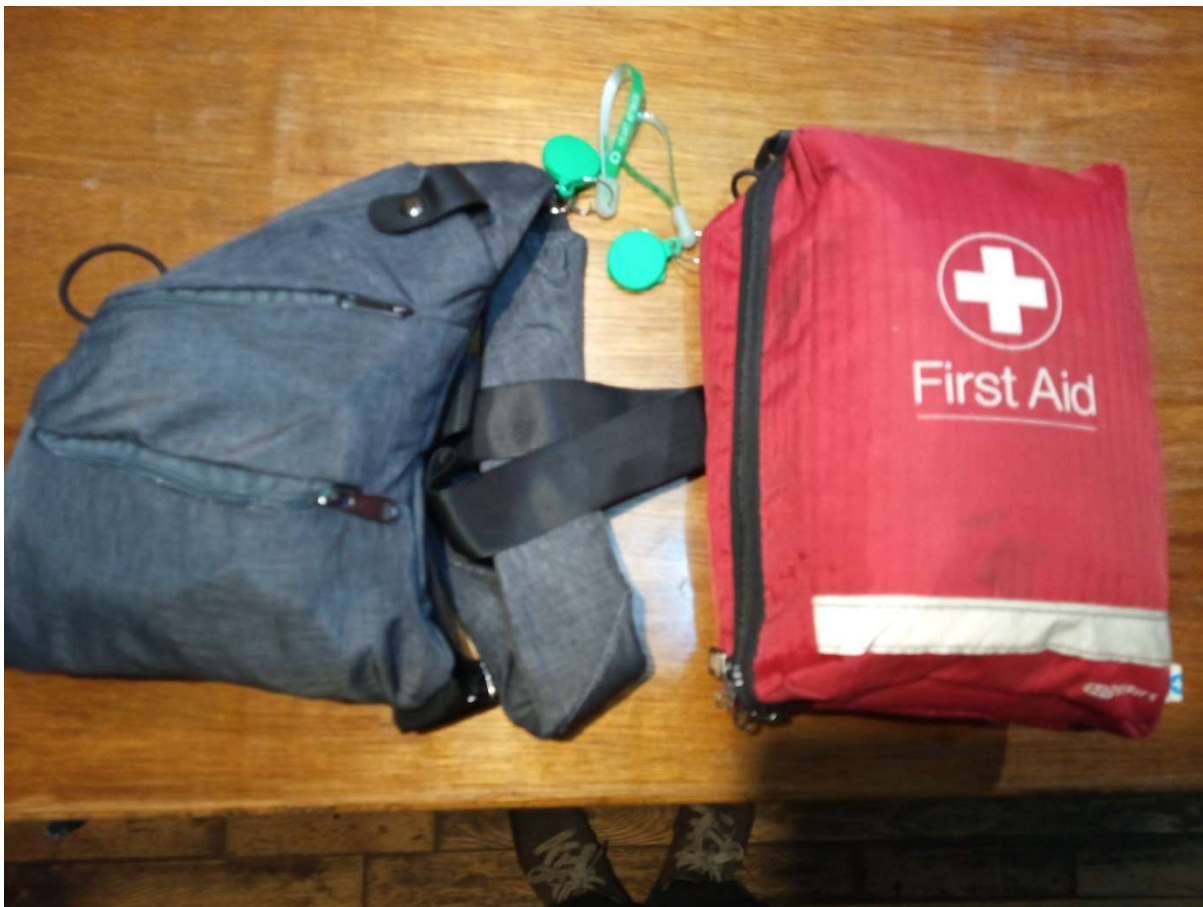


Guidance for First Aiders

A volunteer day must have at least one trained first aider for every 10 people participating.

NEWT have one First Aider, Richard Harrison.

The main first aid kit is this red bag which has an extensive selection on standard first aid and trauma kit. This is to be left in a prominent location near the work party, hanging from a tree is usually the best thing, do not leave it lying on the floor where it is hard to find. I also have an additional small first aid kit in a grey shoulder bag that I wear, the small kit just has emergency trauma stuff that we may need in a hurry. If I have my car with me there is also a first aid kit under the drivers seat.



Additional Kit

Due to the nature of some of the work we do and the tools we use, we do have some extra trauma items in our First Aid kit.

Whenever Amber or Red category tools are being used all First Aiders present must receive a short briefing on their use.



Eye Wash

Eyes are very sensitive and can become irritated by the chemicals in sawdust. These vials of saline solution have a twist off cap. Use the entire contents to thoroughly wash the eye out, holding the eye lids open and making sure to get all debris out. Use as many vials as required.



Haemostatic Granules

For severe trauma and heavy bleeding. These granules are a coagulant that causes blood to clot. They form a rubbery solution that acts as a plug for the hole, which will then be removed in a hospital setting. Follow instructions on the packet, pour entire contents into cut, keep empty packet and give to the medical professionals to take to hospital so they know what it is. Popular with arborists these can be life saving!



Trauma Dressing

These dressings are more absorbent than regular bandages and contain coagulants to aid clotting. Useful for severe trauma and heavy bleeding. Retain empty packet and give to medical professionals to take to hospital so they know what it is.



Large Bandages

Just like regular ones but we stock a larger selection of larger bandages than your typical first aid kit.



Clothing Scissors

These scissors are designed to cut clothing away from an injured person safely.



Tourniquet

A military grade tourniquet, instructions are enclosed. Useful for stopping heavy bleeding to limbs. When applying to someone else using two hands, the tourniquet is passed around the limb through the clip and then the clip applied. The black rod is then turned around to tighten the fit before being locked in place. A tourniquet should be so tight that it hurts. **Always record the time that it is applied and give this information to medical professionals.** As with crush injuries it is not safe to remove this after a certain period of time due to a toxic build up in the shut off limb.



Anti Allergy Cream/Tablets

I know we are not supposed to give medication to people as part of First Aid, but this is a necessary exception. I have disturbed a wasps nest a few times and although I am not allergic to the stings, when I have received a lot of them, I get brain fog and disorientated which is not safe in the environments that we work. About the only solution I have found is to immediately take a puritan and apply copious amounts of Anthisan.

Always check with the patient about allergies and only use if necessary.

First Aiders: If Amber or Red category tools are to be used on the day, please take time to read the instructions on the packets of these items if you are unfamiliar with them. Please feel free to try out the tourniquet.