



Expedition First Aid

Preserve life

Prevent further injury

Promote recovery

Does any one in your team have any medical conditions?

Allergies
Asthma
Diabetes etc



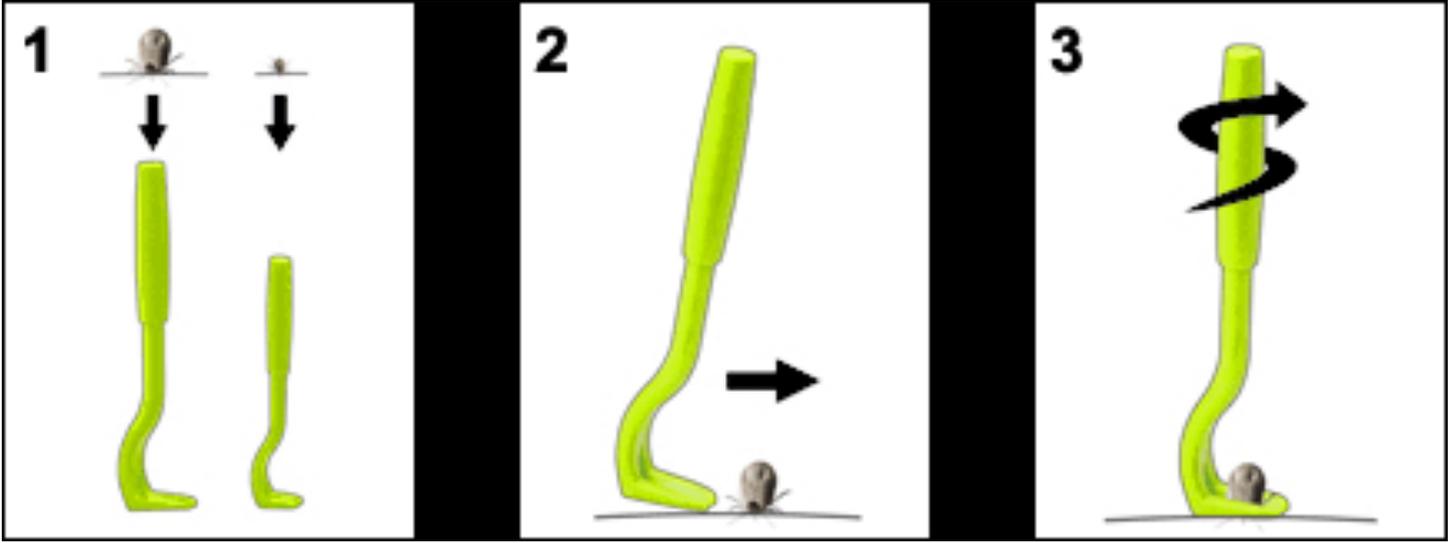
What are the warning signs?
How is it treated?

Blisters



Make sure your boots are 'worn in'
Stop to treat them as soon as you feel any discomfort
Carry some 'blister plasters'
Don't pop them – they can get infected.

Ticks



The school first aid kits contain a tick tool.

Ticks

What is Lyme disease?

Lyme disease is an infection caused by bacteria called *Borrelia burgdorferi* (pronounced bore-EL-ee-uh burg-DOR-fer-rye). They belong to a family of bacteria called Spirochaetes (SPY-roe-keets), because of their spiral shape.

This is a highly magnified image of a group of *Borrelia burgdorferi* bacteria.



What happens when you get Lyme disease?

Some people, but not all, get a circular red rash (see photo below) that spreads out from the bite. Later, you might feel ill. You might experience:

- headaches
- stomach upsets
- feeling very tired
- pains in muscles and joints
- numbness or tingling feelings

Lyme disease can be mild, but it can also be very serious. Lyme disease doesn't always go away on its own, so must always be treated.



If you have any of these symptoms within about 6 weeks of the tick bite then see your doctor.

Burns/Scalds



Cuts



Hypothermia



Sunburn/Heat Exhaustion/Dehydration



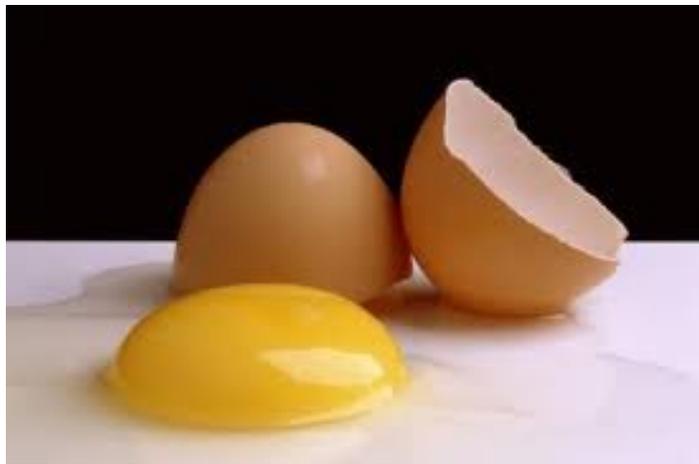
Sprains/Strains



Breaks



Anaphylaxis



Have a go...

Ankle bandage...



Arm slings...

WHAT YOU SHOULD DO

- SUPPORT INJURY
- PASS TRIANGULAR BANDAGE UNDER ARM
- BRING TOP END AROUND SHOULDER
- BRING LOOSE END UP TO MEET IT
- TIE USING A REEF KNOT
- TWIST AND TUCK CORNER

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