

summer holiday first aid advice

SkillBase
First Aid



Being too Hot:

When we become hot we sweat - leading to loss of water and salt. Heat exhaustion can be caused by hot humid conditions, fever, or from taking recreation drugs such as ecstasy. Groups particularly susceptible to the heat include the elderly, the very young, and people with chronic or long-term medical conditions.

Signs and Symptoms:

- Gradual onset.
- Cold, pale skin with sweating.
- Headache and confusion.
- Loss of appetite, or feeling or being sick.
- Cramps in the limbs and abdomen.
- Feeling dizzy or fainting.

Treatment:

- Place the casualty in a cool place or shade.
- Sponge the skin with tepid water.
- Fan the casualty.
- Give the casualty plenty of cool water to drink. Ice lollies are a good idea especially for younger children.
- If there is no improvement call NHS direct for advice on 0845 46 47, or 999 for an ambulance in the UK, contact the doctor or local emergency service if you are abroad.



Look out for the casualty stopping sweating. When we get too hot the body's 'thermostat' (hypothalamus) fails, and we stop sweating. This indicates heat stroke, and is a medical emergency needing urgent medical assistance.

Panic Attack

Unlike most airway and breathing problems, hyperventilation is where someone is taking too much air. One of the most common causes for hyperventilation is a panic attack. The symptoms

of the hyperventilation often make the casualty panic more, which creates a cycle. If the cycle is not broken, and the casualty carries on overbreathing they will faint (this will return the breathing to normal). Panic attacks are likely to be very distressing for the casualty, and the onset may be very quick.



Possible Signs, Symptoms and Clues:

- Overwhelming panic and anxiety.
- Excessive gasping breathing.
- Feeling dizzy or faint.
- Chest pains, or feeling that the heart is beating irregularly (this may lead to the casualty thinking they are having a heart attack).
- Shivering or trembling.
- Sweating or hot flushes.
- Pins and needles.
- 'Out of body' feeling.

Treatment:

- Encourage the casualty to relax. Stay calm yourself. Explain what is happening.
- Get the casualty to take continuous small sips of water to help control breathing.
- Be prepared to use your emergency plan.

SkillBase First Aid, The Coach House, Desford Hall, Leicester Lane, Desford, LE9 9JJ

telephone:
0844 357 91 27

e-mail:
info@skillbasefirstaid.co.uk

Registered in England
No 5043964

fax:
01455 82 44 57

website:
www.skillbasefirstaid.co.uk

VAT Registration Number:
887 0394 82

Do not forget
to put me in
your suitcase!

This newsletter is provided to delegates who have attended a SkillBase Training course to aid skills retention, and is no replacement for a practical training. © SkillBase Training 2010

Fainting

Someone might faint due to lack of food, dehydration, standing still for a long time or exhaustion.

Possible Signs and Symptoms:

- Dizziness and passing out.
- Feeling sick.
- Momentary lack of consciousness, leading to collapse.

Treatment:

- Elevate the casualty's legs to restore a good blood supply back to the head.
- Keep the casualty warm.

If the casualty remains unconscious for more than a few seconds, treat as unconsciousness by placing the casualty in the recovery position.

Stings

Stings are in most cases minor, causing just general discomfort. However some stings are more serious, and can even involve poisoning because the skin has been punctured and either germs, venom or bacteria can be introduced into the bloodstream.



Multiple stings, or those causing an anaphylactic reaction can lead to a life threatening first aid emergency.

Treatment:

- Reassure the casualty (especially a child)
- Bee and wasp stings can be scraped off, a credit card is a good way of doing this. It is best not to use tweezers, as this often makes the sting worse.
- If possible, elevate the sting site
- Apply cold compress for at least 10 minutes
- Monitor for airway and breathing problems, or any of the signs of anaphylaxis.

If the casualty experiences any breathing difficulty, dial 999 for an ambulance, and be prepared to use your emergency plan.

Febrile Convulsions

Febrile convulsions are seizures triggered when when a young child develops a high temperature, commonly during illness. Around one in 50 children will have had one by the time they reach they age of five. A child is four times more likely to have a febrile convulsion if either parent was affected when they were young, and children of parents with epilepsy are also at a slightly higher risk.

Signs and symptoms:

- Reduction or loss of consciousness, accompanied by fitting.
- May become either stiff or floppy.
- Eyes may roll roll back.
- Foaming at mouth or excess saliva.
- Might stop breathing.



Treatment

- Keep calm, remember the febrile convulsions are quite common.
- Do not restrain the casualty.
- Cool the casualty by removing clothing, and possibly sponging with with tepid water to help cool.
- Gently remove any dummies.
- Nothing to to eat or drink during the convulsion.
- Be prepared to use the emergency plan.
- Call NHS Direct on 0845 46 47 for guidance, or dial 999 for an ambulance if the child is not breathing normally the convulsion lasts longer than 5 minutes or you are unsure.

**Have a Fantastic holiday,
from the SkillBase First Aid Team!**



SkillBase First Aid, The Coach House, Desford Hall, Leicester Lane, Desford, LE9 9JJ

telephone:
0844 357 91 27

e-mail:
info@skillbasefirstaid.co.uk

Registered in England
No 5043964

fax:
01455 82 44 57

website:
www.skillbasefirstaid.co.uk

VAT Registration Number:
887 0394 82