



## **First Aid Guide**

**Administering first aid does not invalidate Ramblers insurance. Rather, it is better to do something than nothing.**

### **Suspected Heart attack**

- Call 999/112
- Sit them down leaning against a tree or the legs or back of another walker
- Offer them an aspirin (300mg) to chew slowly
- Give constant reassurance and prepare to resuscitate if necessary

### **Fractures**

- Immobilise the injured part
- Try to support the injury with items of clothing to prevent unnecessary movement
- As soon as possible call 999/112
- For upper arm injuries encourage them to support the limb with their hand

### **Bleeding**

- Put pressure on the wound with whatever is available to stop or slow down the flow of blood
- As soon as possible call 999/112
- Keep pressure on the wound until help arrives

### **Shock**

- Treat the cause

- Help them to lie down. Raise and support the legs
- Reassure them. Do not give them anything to eat or drink
- Call 999/112 and prepare to resuscitate if necessary

### **Sprains and strains**

- Rest the injured part
- Ice – the best thing is ice but failing that use a cold wet cloth
- Comfortably support
- Elevate injured part

### **Hypothermia**

- Call 999/112
- Your aim is to warm them up gradually
- Take them to a sheltered place, remove and replace any wet clothing
- Wrap them in an emergency blanket or use any other insulating material; dry leaves, heather, remember to cover their head and to put insulating items underneath them
- Give warm drinks and high energy foods

### **Heat exhaustion**

- Call 999/112
- Help them to a cool place in the shade, get them to lie down and raise their legs
- Give water in small amounts frequently until they recover