

Back to School First Aid Essentials

A quick guide to help you with any little emergencies in the classroom/staffroom

Cuts & Grazes



CLEAN

Infections in cuts and scrapes can often come from the hands. If gloves are not available before attending to a cut or scrape, make sure to clean your hands with soap and water, a Medicare Alcohol Prep Pad or Medicare Hand Sanitiser.

APPLY

Gently cleaning the cut or scrape with water, Medicare Sterile Saline Solution spray or Medicare Alcohol-Free Cleansing Wipes before covering with a plaster or dressing can help remove any dirt and prevent infection, encourage healing and reduce scarring.

COVER

Covering a cut or scrape with a Medicare Plaster or sterile dressing like Medporex after cleaning it can act as a barrier from dirt and bacteria to help prevent infection and also promote healing.



Sprains & Strains



Sprain

noun

a stretch or tear in a ligament.

Symptoms of a sprain:

- Pain, swelling, bruising and loss of the ability to move and use the joint.
- Sometimes people feel a pop or tear when the injury happens.

Strain

noun

a stretch or tear in a muscle or tendon.

Symptoms of a strain:

- Pain, muscle spasm and muscle weakness.
- Localised swelling, cramping or inflammation.
- Usually some loss of muscle function.

Remember to use the **R.I.C.E Method** to aid a mild strain or sprain. For more severe injuries, contact a healthcare professional.

REST



Avoid weight bearing activity on the injured area in the first 24 to 48 hours of the injury occurring.

ICE



Ice the injured area with a cold pack and compress for 15 minutes every 2 to 3 hours. This will help reduce pain, swelling and bruising.

COMPRESSION



Compress the injured area with a strapping tape to help limit swelling and movement.

ELEVATE



Elevate the injury, resting above heart level and keep supported. This will further help reduce any swelling.

Nose Bleeds



- Let the child blow their nose.
- Tilt their head forward and pinch the nostrils together for 10 minutes.
- Check whether the bleeding has stopped.
- Contact a healthcare professional if the bleeding has not stopped or if blood starts to come from the mouth.

Choking



- 1 Encourage the child to keep coughing to try and dislodge the object themselves.
- 2 Give 5 sharp back blows with the heel of your hand between the shoulder blades to dislodge the object. Then give 5 quick abdominal thrusts from behind by placing one fist between the belly button and the bottom of the breastbone and the fist on top of that.
- 3 Pull your fists sharply inwards and upwards to deliver an abdominal thrust. Check the child's mouth for obstructions and repeat Step 2. If the airway is still not cleared, call for an ambulance and continue treating the child until help arrives.

Burns & Scalds



- 1 Cool the burn with running, cold water for 10-30 minutes, ideally within 20 minutes of the injury occurring.
- 2 Remove rings or other tight items from the burnt area. Try to do this quickly and gently, before the area swells.
- 3 Apply Medicare Burn Gel to relieve pain and cool skin further. The pain from a burn can also be treated with an over the counter pain reliever.
- 4 To protect against infection and minimise skin damage, apply a Medicare Sterile Burn Dressing. Gently lay the burn dressing across the burn site. Do not cover, it can be secured using a conforming bandage.
- 5 You will need to decide whether further medical treatment is necessary.



Never let a burn dressing dry completely or it will stick to the skin. Keep the burn dressing topped up with burn gel.

Cuts & Grazes

CLEAN



Medicare Alcohol Prep Pads 50s

- Individually sealed.
- Each pad is infused with 99.9% isopropyl alcohol.

APPLY



Medicare Alcohol-Free Cleansing Wipes 10s

- Gentle on skin.
- Suitable for all ages.

COVER



Medicare Fabric Strip Dressing 1m

- Dressing strip can be cut to size.
- Size: 1m x 6cm.

Sprains & Strains

COLD THERAPY



Medicare Ice Spray 400ml

- Ideal for sporting injuries, swollen areas or joint stiffness.



Medicare Instant Cold Pack

- No freezing required.
- Fast relief from sprains, swelling, headaches or minor injuries.

COMPRESSION



Physiologix Cohesive Wrap

- Medium to firm compression and support.
- Self-adhesive.
- Durable and reusable.



Medicrepe Elastic Support Bandage 5m

- Lightweight and durable.
- High stretch bandage.

Burns & Scalds



Medicare Burn Gel with Aloe Vera 100ml

- Soothing water-based gel for minor burns and scalds.



Medicare Burn Gel Spray

- Helps relieve pain from burns, scalds and sunburn.
- Cools and soothes.



Medicare Burn Gel

- Cools, soothes and moisturises the burn area and eases pain.
- Non-adherent.



Medicare Burn Dressings

- Suitable for 1st, 2nd and 3rd degree burns and sunburn.
- Available in 4 sizes: 5cm x 5cm, 10cm x 10cm, 20cm x 20cm and 40cm x 60cm.

BE
RESCUE
READY



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