

First Aid Newsletter

aid
TRAINING & OPERATIONS
(INTERNATIONAL)

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Inside This Issue

Page 2 Thermal Burns

As always please feel free to copy and distribute this newsletter as necessary to ensure maximum distribution amongst your first aid staff.

Website of Interest:

www.hse.gov.uk

A great site full of good information on all things health and safety including a good section on first aid legislation

News from Aid Training

As always we hope that this newsletter will prove of benefit to all of our clients and students.

2005 has got off to a very busy start. The trainers have been busy looking after a variety of new clients as well as conducting on-going courses, and refresher training for established ones.

The 11th of March saw the first day of our latest round of instructor update training sessions for 15 of the south-west based instructors.

In addition, we have just received Royal College of Surgeons approval for our five day First Responders course.



Automated Defibrillator Training-Student Scenario

Our website

aid-training.co.uk

has been completely updated and revised over the last few months-please feel free to check it out

Anaphylaxis in Schools

Aid Training now offer a half-day course on Anaphylaxis in Schools, the course is run by health care professionals and covers the following topics-What is anaphylaxis, Common triggers, Signs and symptoms, Management and treatment of anaphylaxis, Practical use of the Epi-Pen. For more information please call Paula in the office. The Anaphylaxis Campaign have recently launched a new website that deals in great detailed with the increasing problem of allergies www.allergyinschools.org.uk

Thermal Burns

Thermal burns are caused when the skin is exposed to more heat energy than it can absorb without causing damage. They are largely preventable with a little thought to accident prevention.

Burns are divided into three depths:

- Superficial-affecting the outer layer of skin, producing swelling and redness. They can be very painful but complications are rare. The most common example is sunburn.
- Partial thickness-affecting the top two layers of skin, producing blisters, redness and swelling. Very painful, due to intact nerve endings. They can be susceptible to infection.
- Full thickness-affecting the skin and burning down into the subcutaneous tissue. The nerve endings are normally completely destroyed, and therefore the



burn may not be painful in the centre. They may be white, waxy and charred in appearance.

Extent:

There is no requirement for a first aider to be able to accurately measure the extent of the burn. However, as a rule of thumb the palm of the casualty's hand is equal to 1% body surface area (BSA)

Treatment:

- Airway, Breathing and Circulation
- Stop the burning process
- Remove rings, watches and other constricting items from the burnt area. Do not peel off or remove clothing that may be stuck to the burn
- Cool the affected area under running water, for at least 10 minutes
- Take care not to overly cool the victim of large burns
- Cover with cling film or non-fluffy dressing
- Ensure ambulance or medical help is sent for
- Treat for shock and reassure

Do Not:

- Burst blisters-this may lead to infection
- Apply lotions, creams and sprays
- Touch the burn
- Apply cotton wool or plasters

Thermal Burns-Continued

Treatment continued:



A plastic bag is an ideal way to protect a burn

Do Not:

- Burst blisters-this may lead to a infection
- Apply lotions, creams and sprays
- Touch the burn
- Apply cotton wool or plasters

The following burns victims need hospital treatment:

- If the casualty is a child
- All full thickness burns
- All burns involving the feet, hands, face or genital area
- All burns that extend around a limb
- All partial thickness burns larger than 1% body surface area
- All superficial burns larger than 5% body surface area
- Burns with a mixed pattern of depth
- If you are unsure about the extent or severity of the burn

Airway Burns

If the casualty has burns to the face or upper body the airway may be affected. Breathing in smoke and other gases can also cause airway burns. The danger in all cases lies in progressive narrowing of the airway.

Signs and symptoms:

- History
- Soot around the nose and mouth
- Breathing difficulties
- Singed nasal hairs
- Hoarseness



Treatment:

- Airway, Breathing and Circulation
- Loosen tight clothing
- Seek urgent medical help

There is no time to waste in the treatment and evacuation of a casualty with burns to the airway.

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We're on the web!
www.aid-training.co.uk

Why choose us for your training needs?

aid training and operations continues to develop and improve the training and service we offer.

We do not employ full-time instructors. All our instructors come from a medical related full-time career and train for us on a part-time basis, hence they all have current medical and first aid experience.

Some comments received from recent clients include:

“Not only was it fun and good humoured but also extremely informative”
Wyvern College

“...their deep and genuine commitment to deliver what is required and that they are an organisation whose own standards drive them to make a difference over and beyond what is expected”
Royal National Lifeboat Institution

“It is often mentioned how helpful and understanding the trainers are and that they deliver the information in a clear and relaxed manner”
Barking and Dagenham Council

For further information about any of the topics discussed in this newsletter please contact the office.

We continue to offer exceptional value for money with our “no nonsense-down to earth” training.

If you require further training or refreshing please call for availability.

As always please feel free to copy and distribute this newsletter as necessary .

“It's such a comfort to know that when we need to run a course, you are able to accommodate us-without any fear of disappointment-and time consuming confirmations in the run-up to the day are never required after initial booking”

Blubeckers/Edwins



A happy group of students from a recent course run for Vascroft Contractors Ltd

a.i.d training & operations (international) shall not be held responsible for any injury or incident arising out of use or misuse of the application of information contained in their training material.