

MAMS SPORTS TOURS

FIRST AID – QUICK REFERENCE

EMERGENCY: Stay calm • Ensure safety • Call emergency • Inform Tour Leader

Bleeding: Pressure & elevate

Sprain/Strain: RICE method

Fracture: Do not move • Immobilise

Nosebleed: Sit forward • Pinch 10 min

Heat Exhaustion: Shade • ORS • Cool body

Asthma: Prescribed inhaler only

Allergy: Breathing issue = emergency

Animal Bite: Wash 15 min • Doctor

Fainting: Lay flat • Raise legs

No medication unless prescribed