



Ingestion of Poisonous Plant



Symptoms

If you suspect that a forester has ingested a highly poisonous plant then there are a few key warning signs to watch out for:

- Nausea and vomiting
- Cramping Stomach Pains
- A burning Sensation
- Partial Loss of Responsiveness
- Seizures

Warnings

Never induce vomiting after a patient has consumed a poisonous plant. If the patient vomits naturally then put it into a bag or plastic box and hand to the emergency services on their arrival.

Actions/ Treatment

If you suspect potentially harmful poisonous plants have been ingested then:

1. If possible determine what has been consumed. Firstly, if the patient is conscious ask the what they have eaten, when they ate it and how much they ate. If the patient is unconscious or too young to understand then look for clues e.g. poisonous plants or berries nearby or areas where a plant has clearly been eaten.
2. Call 999 or 112. It is important to provide as much information as possible about the patient and the poison.
3. Whilst waiting for emergency services keep checking breathing, pulse and the patients responsiveness.
4. If patient becomes unresponsive open the air way and check breathing, if breathing then put the patient in the recovery position and keep monitoring their airway.
5. Patients who stop breathing should be treated using your CPR training.



Contact With Poisonous Plant



Symptoms

- A red rash is the usual reaction. It often appears immediately in irritant contact dermatitis, but sometimes in allergic contact dermatitis the rash does not appear for one to two days after the exposure.
- Your skin may swell or blister, or you may get a raised red rash, called hives, or sometimes the rash appears in a pattern that points to the offending agent.
- Your skin will itch and perhaps burn. Irritant contact dermatitis tends to be more painful than itchy.
- Irritant contact dermatitis often affects hands that have been exposed by resting in or dipping into a container (sink, bucket, tub) containing the irritant.
- Once a reaction starts, it may take as long as four weeks to resolve completely.

Warnings

If your rash does not improve or continues to spread after a couple of days of self-care, or is severely affected, seek medical advice.

Actions/ Treatment

In many cases, contact dermatitis does not require medical treatment.

- Avoid touching the trigger plant.
- Washing with soap and cool water can remove or inactivate most of the offending substance, if it is done immediately after exposure.
- If blistering develops, cold moist compresses applied for 20 minutes three times a day are helpful.
- Calamine lotion and cool oatmeal baths may relieve itching.
- Oral antihistamines can also relieve itching.
- For mild cases that cover a relatively small area, hydrocortisone cream in non-prescription strength may be sufficient.
- Avoid scratching, which worsens the inflammation.



Animal Bites



Symptoms

Following an animal bite, it is important to keep a close eye out for signs of infection:

- swelling, redness, or pain that lasts more than 24 hours
- fluid (pus) that drains from the bite or wound
- red streaks that run up the hand and arm
- tenderness or pain under the elbow or armpit due to swollen lymph nodes
- loss of mobility or sensation in limb (e.g.the finger or hand)
- Fever, chills or fatigue

Warnings

- Bites from sharp, pointed teeth cause deep puncture wounds. This can damage tissues and let germs into the skin, so you need to treat any bite that breaks the skin, to stop it getting infected.
- One infection someone might get from an animal bite is rabies, which is a serious viral infection that attacks the brain and nervous system. If an infected animal bites a human, they will pass on the virus, through their saliva.
- Tetanus (a bacterial infection) is also a potential risk after an animal bite.

Actions/ Treatment

If you suspect someone has been bitten by an animal:

1. Wash the wound from the bite thoroughly with soap and warm water. This will reduce the risk of infection from an animal bite.
2. Remove any objects from the bite, such as teeth, hair or dirt.
3. Encourage the wound to bleed slightly by gently squeezing it, unless it's already bleeding freely.
4. Raise and support the wound and pat it dry, preferably with clean gauze from your first aid kit. Then cover it with a sterile wound dressing.
5. If the wound is large or deep, then treat for bleeding and call 999/112 for an ambulance.
6. If you think there's a risk of rabies, then you need to get them to hospital as fast as you can.
7. If the wound is dirty or they're not sure if there if they've had a tetanus jab, then tell them to see their doctor.



Insect Bites and Stings



Symptoms

- Swelling, which may be concentrated in the affected area or may spread throughout the body.
- Redness or rash.
- Pain in affected area or in the muscles.
- Itching.

Lyme Disease can be spread by Ticks, common symptoms are: Flu like symptoms of aching, fever, headache, fatigue, sweating, joint pain, light and sound sensitivity, abnormal skin sensations (tingling, numbness, itching, stiff neck and erythema migraines rash.

Warnings

Seek medical advice if:

- The symptoms don't improve after 2 to 3 days
- Signs of infection appear - such as pus, swollen glands or flu-like symptoms.
- Signs of an allergic reaction appear - such as swelling or redness that is spreading.
- If symptoms for Lyme disease appear.

Actions/ Treatment

1. Remove the sting if you can see it.
2. Clean the wound with soap and water.
3. Apply something cold to the skin - for example a damp cloth or ice pack.
4. Raise the hand, foot or leg if that's where bite or sting is.
5. To reduce the risk of infection apply antiseptic to the bite or sting and try not to scratch it or burst any blisters.

Tick Bites can be more serious than other insect bites and the first aid treatment for them is different.

1. If you find a tick on your or your child's skin, remove it using a pair of tweezers that won't squash the tick (such as fine-tipped tweezers) or a tick removal tool (available from pet shops or vets).
2. Gently grip the tick as close to the skin as possible and pull steadily away from the skin without crushing the tick. If you use a tick removal tool, follow the manufacturer's instructions.
3. Wash your skin with water and soap afterwards, then apply an antiseptic cream to the skin around the bite.