**Small injuries Quiz**

**If someone had this injury, what would you do?**

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| INJURY | WHICH WOULD YOU DO (can do more than one) | Yes/no/maybe |
| Graze on the knuckles | 1. Clean with antiseptic wipe
2. Cover with plaster or bandage
3. Put on savlon or TCP
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| Something in the eye | 1. Wash out with water
2. Lick the corner of a handkerchief and draw the thing into the edge of the eye
3. Take to A&E
4. Advise the person to roll their eyes
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| Wasp sting | 1. Apply vinegar
2. Apply urine
3. Raise the limb (if possible)
4. Keep cool to prevent swelling
5. Give anti histamine tablet or cream
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| Splinter or thorn | 1. Pull out with tweezers
2. Wash with antiseptic wipe
3. Dowse with water
4. Squeeze out until blood comes out
 |  |
| Nail in foot | 1. Remove boot to see how serious it is
2. Help back to car
3. Wash with antiseptic wipe
4. Cover with plaster etc
5. Call Mountain rescue
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| Hitting thumb with hammer | 1. Cool with cold water or ice pack to reduce swelling
2. Tell them what a daft bugger they are
3. Tell them to suck on it
4. Pierce finger nail to relieve pressure
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| Pulling a muscle | 1. Apply support bandage and help them back to the car
2. Do a gentle massage
3. Apply cold pack
4. Elevate
 |  |
| Dealing with Tick | 1. Put butter or Vaseline on to kill it
2. Use cigarette to kill it
3. Go and get a tick remover
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Answers on the next page

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| INJURY | WHICH WOULD YOU DO (can do more than one) | Yes/no/maybe |
| Graze on the knuckles | Clean with antiseptic wipeCover with plaster or bandagePut on savlon or TCP  | YesCan doNo, this counts as treatment |
| Something in the eye | Wash out with waterLick the corner of a handkerchief and draw the thing into the edge of the eyeTake to A&EAdvise the person to roll their eyes | YesNot a good ideaIf it looks seriousNot usually helpful |
| Wasp sting | Apply vinegarApply urineRaise the limb (if possible)Keep cool to prevent swellingGive anti histamine tablet or cream | Not a good ideaNoGood ideaGood ideaOnly if appearing to go into shock |
| Splinter or thorn | Pull out with tweezersWash with antiseptic wipe Dowse with waterSqueeze out until blood comes out | Good ideaYesOkCan do |
| Nail in foot | Remove boot to see how serious it isHelp back to carWash with antiseptic wipeCover with plaster etcCall Mountain rescue or get them to A&E | NoGood ideaNot good ideaNot good ideaExcellent idea |
| Hitting thumb with hammer | Cool with ice pack to reduce swellingTell them what a daft bugger they areTell them to suck on itPierce finger nail to relieve pressure | Yes Almost certainlyDoesn’t really help but doesn’t do any harmLet A&E do that |
| Pulling a muscle | Apply support bandage and help them back to the carDo a gentle massageApply cold packElevate | That would be goodProbably notGood ideaGood idea |
| Dealing with Tick | Put butter or Vaseline on to kill itUse cigarette to kill itGo and get a tick remover | Bad idea – will make worseBad idea – will make worseThat’s the right way to do it |