**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 |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |

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 wipe  Cover with plaster or bandage  Put on savlon or TCP | Yes  Can do  No, this counts as treatment |
| Something in the eye | Wash out with water  Lick the corner of a handkerchief and draw the thing into the edge of the eye  Take to A&E  Advise the person to roll their eyes | Yes  Not a good idea  If it looks serious  Not usually helpful |
| Wasp sting | Apply vinegar  Apply urine  Raise the limb (if possible)  Keep cool to prevent swelling  Give anti histamine tablet or cream | Not a good idea  No  Good idea  Good idea  Only if appearing to go into shock |
| Splinter or thorn | Pull out with tweezers  Wash with antiseptic wipe  Dowse with water  Squeeze out until blood comes out | Good idea  Yes  Ok  Can do |
| Nail in foot | Remove boot to see how serious it is  Help back to car  Wash with antiseptic wipe  Cover with plaster etc  Call Mountain rescue or get them to A&E | No  Good idea  Not good idea  Not good idea  Excellent idea |
| Hitting thumb with hammer | Cool with ice pack to reduce swelling  Tell them what a daft bugger they are  Tell them to suck on it  Pierce finger nail to relieve pressure | Yes  Almost certainly  Doesn’t really help but doesn’t do any harm  Let A&E do that |
| Pulling a muscle | Apply support bandage and help them back to the car  Do a gentle massage  Apply cold pack  Elevate | That would be good  Probably not  Good idea  Good idea |
| Dealing with Tick | Put butter or Vaseline on to kill it  Use cigarette to kill it  Go and get a tick remover | Bad idea – will make worse  Bad idea – will make worse  That’s the right way to do it |