



Don't be
a First Aid
Dummy!

QUIZ

With our ***Don't be a First Aid Dummy! Quiz***, each month, we'll take you through an emergency situation where you'll be put on the frontline. Test your knowledge or brush up on your skills with our short, serious but fun first aid quiz. It might not only improve first aid outcomes but help save lives.

What would you do if you were first on the scene?

this month:

Box Jellyfish Sting

Sophie and her young family from Victoria are enjoying their holiday in Darwin. They are walking along the beach when Sophie's son Jacob finds an unusual creature on the sand and picks it up to see what it is.

Jacob immediately experiences severe pain in his hand and attempts to drop the creature, but it has long tentacles that have wrapped themselves around his hand. He screams out for help from his mother, Sophie, and starts crying. What should Sophie do?

- Correct** **Flood the entire stung area with vinegar**
- Wrong** **Encourage the patient to rub the tentacles off**
- Wrong** **Give patient some paracetamol**
- Wrong** **Apply a heat pack to the stung area**

Correct Answer in full:

Follow DRSABCD. Calm patient; restrain patient from rubbing stung area. Flood the entire stung area with vinegar for at least 30 seconds to neutralise stinging cells and prevent further envenomation.

If no vinegar is available, flick off any remains of tentacles with a stick; wash well with seawater to remove microscopic stinging cells adhering to skin. Remain with the patient, if possible, until medical aid arrives. Be prepared to give CPR if necessary. Keep patient at rest to decrease absorption of the toxin.

After flooding the stung area in vinegar for 30 seconds, applying an ice pack may provide pain relief.

From the first aid kit:

- Vinegar
- Ice pack

Learn more:

Management of bites and stings is covered in all Provide First Aid courses. Visit www.stjohnnt.org.au/courses