



# FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

## WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

## THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

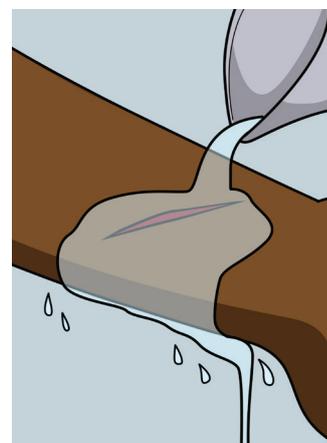
# WOUND CARE IN THE VILLAGE

## SIGNS AND SYMPTOMS

- Open wound
- Redness and swelling
- Pain
- Bleeding

## PREPARING A BANANA LEAF DRESSING - WHAT YOU SHOULD DO:

1. Find banana leaf and rinse with clean water to get rid of any dirt. Cut into strips long enough to cover the wound.
2. Boil one pot of water. While water is boiling, add a clean cloth (to be used to clean wound).
3. Place banana leaf in a pot of boiling water allowing it to boil for 5 minutes. Boiling the banana leaf makes it soft and in this way sterilises it.
4. Prepare 1 Litre of clean drinkable water
  - a. Add 3 tablespoons of salt.
  - b. When water is boiled, then let it cool.
  - c. Never pour boiling water on skin. Let it cool.
5. Once the water has been cooled, pour the water over the wound to remove debris.
6. If there are any debris in the wound wash them away with the water or use a clean cloth from the centre of the wound outwards. This stops contamination and infection.
7. Only use one cloth per wipe.
8. Place the banana leaf over the wound loosely tie it in place with the cord from banana leaf or vine. Keep the tie very loose; clean air needs to be able to move freely under the dressing. Too tight and it will stop blood supply to the wound and make healing slow.
9. Repeat the process twice a day. See your health professional if the wound turns red, gets painful or swells-up.



## IMPORTANT NOTE:

If the wound is bleeding severely - refer to Bleeding and Shock fact sheet.

If the wound looks infected, becomes red and hot to touch, or the patient develops a fever seek medical attention at your nearest health facility.