

# Snake Bite First Aid

This playbook outlines the essential first aid steps and precautions to be taken immediately after a potentially venomous snake bite. It is designed to minimize harm and stabilize the victim's condition until professional medical help can be obtained.

## Step 1: **Safety**

Ensure your own safety by moving away from the snake to avoid additional bites. Do not attempt to capture or kill the snake, as this may lead to further danger.

## Step 2: **Calmness**

Keep the victim calm and still, as movement can cause the venom to spread more rapidly through the body. Assure them help is on the way.

## Step 3: **Immobilization**

Immobilize the bitten limb with a splint or sling if available, keeping it below the level of the heart to slow the spread of venom.

## Step 4: **No Cutting**

Do not cut into the bite or attempt to suck out the venom, as this can cause further damage and infection.

## Step 5: **Tourniquet Caution**

Avoid applying a tourniquet or restrictive bandage, which can cause additional harm and may lead to complications.

## Step 6: **Identification**

Try to remember the color, shape, and size of the snake for identification purposes, which can assist in medical treatment, but only if this can be done safely and at a distance.

## Step 7: **Medical Care**

Call emergency services immediately to seek professional medical attention or transport the victim to the nearest medical facility if it's quicker than waiting for an ambulance.

## Step 8: **Monitor**

While waiting for medical assistance, monitor the victim's vital signs such as breathing, heart rate, and consciousness. Be prepared to administer CPR if the victim stops breathing or if their heart stops.

## Step 9: **Loosen Clothing**

Loosen any tight clothing or jewelry around the bite area to allow for potential swelling.

## Step 10: **Hydration**

If it will take a long time to get medical help, give the victim water to keep them hydrated, but avoid giving them anything to eat or drink if they are nauseated or vomiting.

# **General Notes**

## **No Ice**

Do not apply ice or cold packs to the bite area, as this can cause tissue damage.

## **No Painkillers**

Avoid administering painkillers or any medications unless instructed by a medical professional.

## **Allergy Alert**

Be aware of any known allergies the victim might have, especially to antivenom or other medications commonly administered for snake bites.