

### **First Aid Guidelines For Glenwalk Leaders.**

- Glenwalk Hillwalking club is totally committed to the safety of all its members and all walk Leaders have a duty of care towards the walkers in their group.
- First aid is the skilled application of accepted principles of treatment on the occurrence of any injury or sudden illness, using facilities or materials available to you at the time. It is the approved method of treating a casualty until professional help arrives.
- It is the responsibility of every Glenwalk Leader to ensure that they are up to date in knowledge and skills of First Aid.
- The Club organises certified First Aid training courses on a regular basis.
- The Club will provide a First Aid Kit to all its Leaders and it is the responsibility of each leader to carry this kit when leading walks.
- It is also the responsibility of the Leader to ensure that the contents of the kit are replenished when used and that all items are within expiry date. New stock can be obtained by contacting First Aid Co-ordinator.
- Storm shelters & high visibility jackets are available for First Aid purposes on every main walk and it is the responsibility of the Leader to ask committee members for same.

### **Recommended contents of First Aid Kits**

*It is recommended that First Aid kits are stored in plastic Ziploc bags to ensure contents are kept dry.*

- 1 Plastic sheet resuscitation mask
- Antiseptic wipes
- 2 Pairs latex gloves
- 1 Large sterile dressing
- 1 Medium sterile dressing
- 1 Pack gauze swabs
- 2 Triangular bandages
- 1 Elastic crepe bandage
- 1 Length fabric plaster
- 1 Packet steristrips
- 1 Roll zinc oxide tape
- 1 Pair eye pads
- 1 Shears/Scissors
- 1 Tweezers
- 2 Compede heel packs
- 2 Rehydration fluid
- 1 Insta-Glucose
- 1 Saline solution
- 1 Burn gel
- 1 Ziploc plastic bag for soiled dressings

Approved by Club Committee March 2009