**First Aid**

There will always be a first aid trained member of staff present at all sessions. This person will hold a 16 hour Outdoor first Aid qualification.

In case of emergency: The first aid trained member of staff will manage the first aid incident with the support of another member of staff if needed. Whilst the third (and fourth if there is a fourth) member of staff will remove the rest of the group from the area and distract them with an activity.

The first aid trained member of staff will apply their learning from their training and will based on the seriousness of the incident will either phone the child’s parents if they are not already present and the situation isn’t urgent or serious, however if the situation is serious the first aider will phone 111 or 999, depending on the level of emergency

**Our sites 3 words**: /// **mows.watchdogs.dignitary**

**Burns**

If you think someone has a burn or scald, there are five key things to look for:

* 1. Red skin
* 2. Swelling
* 3. Blisters (may form on the skin later on. If there are blisters, do not burst them).
* 4. The skin may peel
* 5. The skin may be white or scorched.

### **What you need to do**

– Stop the burning getting any worse, by moving the casualty or injured person away from the source of heat.

– Start cooling the burn or scald as quickly as possible. Hold it under cool running water for at least twenty minutes or until the pain feels better. (Don’t use ice, creams or gels – they can damage tissues and increase the risk of infection, make sure the water is air temperature and not cold).

– Assess how bad the burn is. It is serious if it is:

• a child that has received a burn larger than the size of the casualty’s hand

• on the face, hands or feet, or

• a deep burn

### **If it is serious, call 999 or 112 for emergency medical help.**

– Remove any jewellery or clothing near the burn (unless it is stuck to it).

– When the burn is cooled, cover the area loosely with kitchen cling film (lengthways over the burn not around the limb) or another clean, non-fluffy material, like a clean plastic bag. This will protect it from infection.

– Monitor the person and if necessary, treat them for shock.

– If you are unsure if the burn is serious then tell the person to see a healthcare professional.

**Ticks:** If we notice a child has a tick we will notify the parent immediately and recommend they go straight to the GP or out of hours to have it removed. Forest school staff will not remove a tick.

# **Existing Injury Form**

Parents are asked to inform staff, on arrival, of injuries their child has sustained away from the provision (existing/home injuries).

These are recorded on an Existing Injury Form, on the same day and discussed with the parents and child (unless discussion with the parent would put the child at risk of harm). Parents are asked to sign a copy of this record.