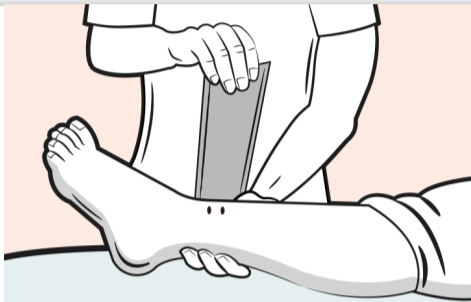




First Aid for Bites and Stings (PIT)

How to the apply the Pressure Immobilisation Technique (PIT)

The PIT, when applied correctly, greatly reduces the spread of venom throughout the body, buying valuable time for appropriate medical assistance. Follow DRS ABCD and give resuscitation if needed before applying the PIT, and **always seek medical help by calling 000.**



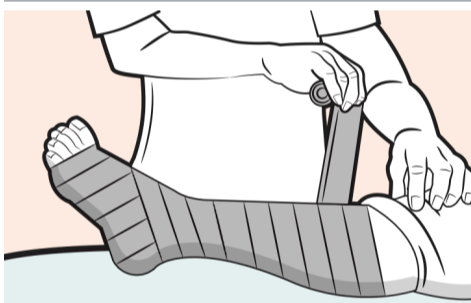
Do not wash the wound. Before commencing, remove any jewellery from the bitten/stung limb.

Step 1A: Two Bandage approach (ideal)

Use compression or elasticised bandages 10-15cm wide, or if unavailable clothing can also be used.

Firmly apply the first bandage over the bitten/stung area then wrap the areas above and below.

Apply another pressure bandage starting from the tips of the fingers or toes, and continue to keep wrapping the bandage upwards to cover as much of the arm or leg as possible.

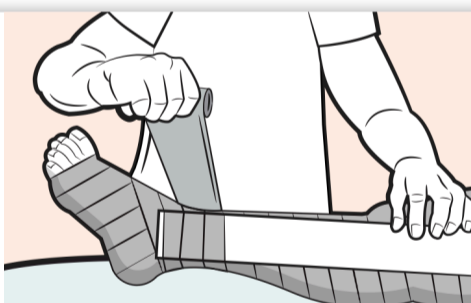


Step 1B: Alternative single bandage approach

Firmly wrap bandage starting from the tips of the fingers or toes of the affected limb, moving upwards past the bite/sting to cover as much of the arm or leg as possible.



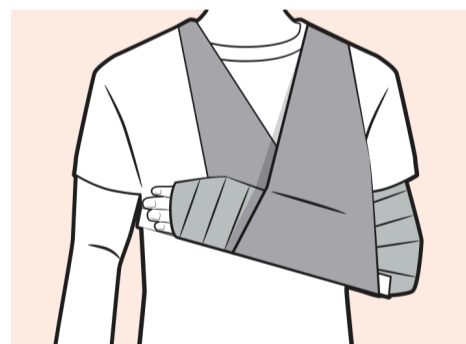
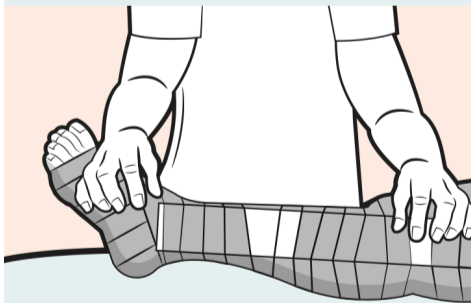
The bandage should be tight so that a finger does not fit underneath, however not too tight that it cuts off circulation!



Step 2: Apply splint to keep the limb still

Make a splint by placing a stick or another firm, long item against the affected limb and wrapping it to the arm or leg using another bandage or tying it with strips of clothing.

A sling can be used for bites/stings to the upper arms.



Step 3: Transport

Keep the victim as still as possible and transport, preferably by ambulance, to proper medical care.

DRS ABCD: Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation



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