

First Aid for Poisoning

Ingested (swallowed) Poisons

1. DO NOT make the patient vomit.
2. NEVER give salt water to a patient.
3. Do not give the patient anything to eat or drink.
4. Seek urgent medical assistance.

Skin Contamination

Immediate decontamination is essential.

1. Avoid being contaminated yourself while giving first-aid.
2. Remove any contaminated clothing.
3. Wash the skin thoroughly with running tap water, for at least 15 minutes. Make sure the water drains away from the patient.
4. DO NOT put anything on the exposed skin other than water. DO NOT use chemical antidotes.
5. Seek medical assistance.

Inhaled Poisons

DO NOT put yourself in danger.
DO NOT enter a contaminated area without proper protective equipment.

1. Remove the patient to fresh air immediately.
2. Ensure the airway is clear.
3. Start artificial respiration if the patient is not breathing.
4. Seek medical assistance.

Eye Contamination

Immediate decontamination is essential.

1. Hold the eyelids apart and wash the eye with running tap water for at least 15 minutes.
2. Do not put anything onto the eye other than water.
3. Seek medical assistance.

If the patient needs to go to hospital take the following items along:

- ◆ The poison container, tablets, prescription, parts of a plant etc.
- ◆ If a plant is involved it is important to know what part of the plant was eaten, where it was growing and the size & shape of the leaves. It is difficult to identify a plant from a verbal description so always take as much of the plant/shrub as possible to help identify it e.g. a branch with leaves, berries, flowers.
- ◆ If a mushroom was eaten take the entire mushroom or any remaining parts to the emergency department.

Telephone numbers

Ambulance	999 or 112
GP	
GP co-op	
Emergency Department	