



Possible Injuries & Protocols

2025/2026

Nourishing the Human Potential



Possible Injuries and Protocols

Blisters

A blister is a small pocket of fluid in the upper skin layers and is one of the body's responses to injury or pressure. Depending on the cause and location, a blister can range from the size of a pinprick to three centimetres or more in diameter. A blood blister is usually caused by a severe pinch or bruise to the skin that breaks the tiny blood vessels (capillaries).

1.Symptoms of a blister

Blister symptoms include:

- a reddened and tender patch of skin
- a raised lump filled with clear fluid or, sometimes, blood.

2.Causes of blisters

Some common causes of blisters include:

- ill-fitting shoes
- friction (for example, using a shovel all day without gloves can cause blisters on the palms of the hands)
- scalds or burns
- severe sunburn
- allergic reaction to irritants
- viral skin infection (such as herpes or warts)
- fungal skin infection (such as tinea on the soles of the feet or between the toes).

3.Self-help for blisters

When treating a blister, if possible, resist the temptation to burst it. You could cause an infection or hinder your body's healing process. Do not remove the blister roof, as that will delay healing and increase the risk of infection.

- Thoroughly wash your hands to help stop the spread of an infection to the affected area while caring for the blister
- If the blister has burst, don't peel off the baggy skin pocket – let your body heal the area in its own way and in its own time.
- Apply antiseptic and a bandage or sticking plaster to the area to protect it and keep it free from dirt or irritants.
- Don't use tape alone for the bandage, as removing the tape may rip the roof skin off the blister.
- Change the bandage daily and re-apply antiseptic.
- Avoid 'folk remedies' like applying butter or vinegar. These don't work.

4.When to seek medical attention for a blister

See a doctor or other health professional for treatment if:

- the blister is caused by a burn, scald or severe sunburn
- the blister starts weeping pus (yellow or green, sometimes smelly, fluid)
- the area becomes increasingly swollen or inflamed
- you suspect the blister is infected

5.Inform Parents/Guardians

Fill an accident report, specifying the cause of the accident and the circumstances and actions taken



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Abrasions And Cuts

An abrasion means that the surface layers of the skin (epidermis) has been broken. Thin-skinned bony areas (like knees, ankles and elbows) are more prone to abrasions than thicker, more padded areas. The scraped skin of an abrasion can contain particles of dirt.

1. Symptoms of abrasions/cuts

Abrasions/cuts may cause:

- Bleeding
- Discomfort
- peeling or scabbing of the top layer of the skin
- a pinkish fluid oozing from the affected area.

Abrasions/cuts located on the head and face may bleed more than abrasions located elsewhere on the body, due to the extensive vasculature and blood supply to the head.

2. Causes of abrasions/cuts

Abrasions are most commonly caused by falling, skidding, or other types of accidents. Many abrasions occur suddenly and without warning, and may not even be noticed until after the injury.

3. Self-help for abrasions/cuts

- Clean the wound with a non-fibre shedding material or sterile gauze, and use an antiseptic such as Betadine or Bactospray. If there is embedded dirt, Antiseptic soap may be used as it contains an antiseptic and a surfactant to help remove debris i.e. Stederil, Cyteal). Rinse the wound after five minutes with sterile saline or flowing tap water.
- Don't scrub at embedded dirt, as this can irritate the site even more.
- Cover the cleaned wound with an appropriate non-stick sterile bandage.
- Change the bandage according 3 times a day. If you reapply antiseptic, wash it off after five minutes and then reapply the bandage.

4. Treatment of Abrasions/cuts

- Thoroughly wash your hands to help stop the spread of an infection to the affected area while caring for the wound
- Rinse and clean the abrasion with cool or lukewarm water and mild soap or an anti-bacterial cleanser.
- Try not to directly scrub the wound, but attempt to gently remove any dirt particles or debris.
- Hold the affected area under a water faucet for a couple of minutes.
- Thoroughly cleaning the wound will help avoid the risk of complications, such as an infection or tetanus.
- Do not use stronger cleaning solutions such as hydrogen peroxide, iodine cleanser, or rubbing alcohol for minor wounds such as abrasions, as these agents may cause additional and unnecessary discomfort or irritation to the injured tissues.
- If the bleeding has not subsided on its own, work to stop the bleeding by applying gentle and direct pressure with a clean cloth, sterile bandage, or piece of gauze, and elevate the wound.
- Lifting the cloth, gauze, or bandage to check on the wound may cause additional bleeding, so it is important to continue to maintain firm pressure over the abrasion. If the bleeding soaks or seeps through the bandage, apply an additional layer and continue to maintain pressure.



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- Further bleeding, if unable to be stopped within about 10-20 minutes, should be assessed by a Doctor.
- Protect and cover the abrasion with a bandage or a piece of gauze with tape.
- Change the bandage at least once a day, or when the affected area gets wet or dirty.

5. When to seek medical attention for an abrasion or cut

- When the abrasion /cut is located on the face, particularly if the abrasion is large
- If the abrasion is near the eye
- When the abrasion/cut is more than 1 cm deep (cut)
- If the abrasion covers a large area of the body
- If the person is feeling numb or have lost sensation in the area of the abrasion
- If you are unable to fully clean the wound, and dirt or foreign objects remain lodged in the wound
- If the person was punctured or scraped by a rusty or very dirty object
- When the cut is open, and you can see the bone or fat.

6. Inform Parents/Guardians

Fill an accident report, specifying the cause of the accident and the circumstances and actions taken.

7. Prevention

- Wearing gloves, long sleeves, pants, or other layers of clothing as additional layers of protection for the skin
- Assessing the place for possible risks and hazards, and removing such hazards
- Educating children on the importance of safety
- Ensuring tetanus shot or booster is up to date
- Knowing how to properly use tools, sharp objects, and kitchen supplies
- Keeping a well-stocked first-aid kit available can help provide immediate treatment
- Wearing safety gear such as safety goggles, close-shoes, and glasses
- Wearing helmets and protective pads for knees, wrists, elbows, and hands during practical work

Bites and Stings

In most cases, an insect bite or sting is no more than a minor irritation.

The person might experience a bit of itchiness or pain, perhaps a bit of redness in the affected area, and it can likely be addressed with basic remedies.

However, it is possible for some people to have severe allergic reactions to certain bites or stings, which can prove fatal.

1. Symptoms of a bite or sting

These symptoms include:

- Difficulty breathing
- Swelling of lips, tongue, ears, eyelids, hands and feet
- Disorientation and confusion
- Nausea or diarrhea
- Hives
- Reddening of a large area around the bite



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2.Cause of bites and stings

- Bees, wasps, hornets...
- Ticks, fleas, lice...
- Spiders, scorpions...
- Mosquitos, flies
- Snakes

3.Symptoms of bites and stings

- Difficulty breathing
- Swelling of lips, tongue, ears, eyelids, hands and feet
- Disorientation and confusion
- Nausea or diarrhea
- Hives
- Reddening of a large area around the bite
- Pain
- Swelling
- Itching

4.Treatment of bites and stings

- If the insect's stinger is still embedded in their skin, remove it by gently scraping a flat-edged object, such as a credit card, across their skin. Avoid using tweezers to remove the stinger, since squeezing it may release more venom.
- Wash the area of the bite with soap and water.
- Place a cold compress or ice pack on the area for about 10 minutes at a time to help reduce pain and swelling. Wrap any ice or ice packs in a clean cloth to protect the skin.
- Apply a cotton pad soaked in vinegar to the area several times a day to help relieve itching and pain.
- Use the homeopathic remedies : Urtica Urens 5 ch, Apis Mellifica 5ch, 3 granules every 30 min until the person feels better

5.When to seek medical attention for a bite

If there is any sign of allergic reaction such as

- Difficulty breathing
- Swelling of lips, tongue, ears, eyelids, hands and feet
- Disorientation and confusion
- Nausea or diarrhea
- Hives

6.Inform Parents/guardians

Fill an accident report, specifying the cause of the accident and the circumstances and actions taken

7.Prevention

- Wearing gloves, long sleeves, pants, or other layers of clothing as additional layers of protection for the skin
- Assessing the place for possible risks and hazards, and removing such hazards
- Educating children on the importance of safety and animal insect life
- Using repulsive sprays whenever possible



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Special Attention: Ticks And Snakes

Snake bites

Symptoms of a poisonous snake bite can vary, depending on the type of snake. They can include:

- weakness
- dizziness
- fainting
- convulsions
- nausea
- vomiting
- diarrhea
- rapid pulse
- loss of muscle coordination
- swelling in the area of the bite

A poisonous snake bite is a medical emergency. Prompt treatment can minimize symptoms and promote recovery.

If you know the snake wasn't poisonous, treat the area of the bite for bleeding and other symptoms:

- Use a clean cloth or gauze to apply pressure to the area until bleeding stops.
- Clean the area with soap and water.
- Apply an antibiotic cream to help ward off infection.
- Cover the wound with a sterile bandage or gauze to protect it while it heals.

To avoid making things worse, and if you don't know if the snake is poisonous, do not:

- endanger yourself by trying to capture the snake
- wash the site of the bite, since residual venom can help medical professionals identify the type of snake and proper treatment
- apply a cold compress to the site of the bite
- raise the bitten area above the level of their heart
- cut or suck the site of the bite
- give the person anything to eat or drink
- give the person any pain medications

Prevention :

- Identifying the snakes at HoY will help determine if the snake is poisonous or not
- Educating the children on snakes
- Making sure the children wear their gloves, especially when manipulating rocks and objects in the garden as scorpions or snakes might be under them.

Tick Bites

Ticks are common in most countries. They live outdoors in:

- grass
- trees
- shrubs
- leaf piles



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They're attracted to people and their four-legged pets, and they can easily move between the two. Ticks can cause allergic reactions, and certain ticks can pass diseases onto humans and pets when they bite. These can be dangerous or even deadly.

1. Symptoms

Tick bites are usually harmless and may produce no symptoms. If there is an allergy to tick bites, the person may experience:

- pain or swelling at the bite site
- a rash
- a burning sensation at the bite site
- blisters
- difficulty breathing, if severe

2. Treatment

- Grasp the tick as close as you can to the skin's surface.
- Pull straight up and away from the skin, applying steady pressure. Try not to bend or twist the tick.
- Check the bite site to see if you left any of the tick's head or mouth parts in the bite. If so, remove those.
- Clean the bite site with water and apply an alcohol-based hand sanitiser.
- Once you've removed the tick, make sure it is dead either by submerging it in rubbing alcohol, or crushing it with a heavy object then place it in a sealed container.

3. Prevention

- Use repellent ([MOUSTIDOSE lait répulsif anti-moustiques et tiques famille toutes zones 125 ml gilbert](#))
- Wear long sleeves and pants when walking in grassy areas where ticks are common.
- Teach children about ticks
- Make sure the children wear their gloves in the garden
- Treat animals at HoY for ticks and other possible dangers.

Burns

There are three primary types of burns: first-, second-, and third-degree. Each degree is based on the severity of damage to the skin, with first-degree being the most minor and third-degree being the most severe. Damage includes:

- first-degree burns: red, nonblistered skin
- second-degree burns: blisters and some thickening of the skin
- third-degree burns: widespread thickness with a white, leathery appearance

1. Causes or burns

- Burns have a variety of causes, including:
- scalding from hot liquids or surfaces, boiling liquids
- chemical burns
- electrical burns
- fires, including stove and oven, from matches, candles, and lighters



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2. Treatment of burns

A. First degree burns

First-degree burns are usually treated with home care. Healing time may be quicker the sooner you treat the burn. Treatments for a first-degree burn include:

- soaking the wound in cool water for five minutes or longer
- Make sure you don't use ice, as this may make the damage worse.
- Never apply cotton balls to a burn because the small fibers can stick to the injury and increase the risk of infection.
- Do not use remedies like butter and eggs as these are not proven to be effective.
- If there is a CLOSED blister or no blister, apply Tulle gras
- If there is no Tulle gras, apply large amounts of BIAFINE

3. When to get medical assistance in case of a first degree burn

- If there is an open blister

4. Inform Parents/guardians

Fill in an accident report, specifying the cause of the accident, the circumstances of the accident and actions taken

B. Second a third degree burns

ALWAYS SEEK MEDICAL CARE AND ASSISTANCE

Inform Parents/guardians to join you at the medical facility over the phone.

• Second degree burns

Second-degree burns are more serious because the damage extends beyond the top layer of skin. This type burn causes the skin to blister and become extremely red and sore. Some blisters pop open, giving the burn a wet or weeping appearance. Over time, thick, soft, scab-like tissue called fibrinous exudate may develop over the wound.

Treatment

As with first-degree burns, avoid cotton balls and questionable home remedies. Treatments for a mild second-degree burn generally include:

- running the skin under cool water for 15 minutes or longer
- Seek medical help

• Third degree burns

Third-degree burns are the most severe. They cause the most damage, extending through every layer of skin. There is a misconception that third-degree burns are the most painful. However, with this type of burn the damage is so extensive that there may not be any pain because of nerve damage.

Treatment

- Never attempt to self-treat a third-degree burn
- Go straight to the hospital
- While waiting for medical treatment, raise the injury above the heart
- Make sure no clothing is stuck to the burn.



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5. Prevention (all degrees of burns)

The obvious best way to fight burns is to prevent them from happening. Certain jobs put people at a greater risk for burns, but the fact is that most burns happen in home or home-like environments.

Preventive measures you can take at home include:

- Educate children on the danger of fire, how to stop it, how to avoid causing a fire (kitchen especially, with the use of oil, dirty/greasy pans and stove...)
- Have them wear appropriate clothing in the kitchen
- Hair should be tied while cooking
- Use a timer while cooking
- Do not leave children unattended in the kitchen
- Turn pot handles toward the back of the stove.
- Place a fire extinguisher in or near the kitchen.
- Check and discard electrical cords with exposed wires.
- Keep chemicals in a secured area. They are only to be used under adult supervision.
- Wear gloves when using chemicals
- Burns can also be due to sun, wear hats

It's also important to have a fire escape plan and to practice once a month. In the event of a fire, make sure to crawl underneath smoke.

Cacti Spikes and Stings

These are not poisonous.

1. Self-help

Take the thorn with the tweezers and pull it out; Or wrap duct tape on your opposite hand and pass it over where it got stuck.

Disinfect the area with antiseptic

2. When to seek medical advice

- In the event that the thorn has been broken and / or has remained completely inside the skin, call the nurse or go to the medical facility who will be taking a sterile needle to remove the spine.
- If the day you still feel a lot of discomfort and it doesn't seem to heal
- If the area is swelling, red and very painful
- If an abscess or pus forms
- In case the thorns are located on the face, near the eyes, lips or nose, or any sensitive part of the body.

3. Notify the parents/guardians & Write an accident report

If the child needs medical care, ask the parents/guardians if they want to take him right away to the hospital by themselves or to join you there.

If the injury is basic, just write a report.

4. How to remove thorns from clothes easily and quickly?

Never try to remove them by hand, since if you do, those thorns will dig into the skin.