CHECKLIST

Beach Injury Response Checklist

- [ ] Rinse cuts with clean fresh water to remove sand and debris
- [ ] Apply pressure with a clean cloth until bleeding stops
- [ ] Rinse stings with seawater, not fresh water
- [ ] Immerse weever fish stings in hot water for half an hour
- [ ] Cool sunburned skin with damp cloths or a lukewarm shower
- [ ] Rest, ice, compress and elevate sprains and strains
- [ ] Encourage puncture wounds to bleed briefly before rinsing
- [ ] Move heat exhaustion casualties to shade and offer water
- [ ] Call emergency services for uncontrolled bleeding or breathing difficulty