Snake Bite First Aid

**Step 1**
Lay the victim down and provide reassurance.

**CALL 000**
Do not move the victim unless further danger is present.

**Step 2**
With a broad (minimum 7.5cm wide) elastic bandage such as setopress, start at the toes (or hand if bitten on the arm) and wrap the bandage very firmly up the entire limb. If the bandage does not cover the entire limb, start with a new bandage at the point the last bandaged finished until the entire limb is covered. The compression bandage should be firm enough to reduce lymphatic movement but not constrict blood flow. Ensure you leave the tips of the toes/fingers out to monitor circulation.

**Step 3**
Once the entire limb has been covered, mark the bite site with a pen or some dirt from the ground. This is helpful for emergency services personnel. Splint the limb (including joints) to prevent movement. For bites to the leg, this can be achieved by strapping the legs together using slings or other suitable material. Bites to the arm can be supported in a sling or splinted. Do not remove the bandage once applied. Make the victim comfortable and continue to provide reassurance until arrival of emergency services.

The Australian Venom Research Unit recommends the use of setopress bandages. Setopress has many advantages over commonly used crepe bandages, however in an emergency any elasticised bandage should be used if setopress bandages are not available.

**DO NOT** wash the bite site
**DO NOT** apply a tourniquet to the limb
**DO NOT** attempt to cut the venom out of the limb
**DO NOT** move the person unless in immediate danger
**DO NOT** attempt to suck the venom out of the limb
**DO NOT** try to catch and identify the snake