

## Snakebite Awareness Training

### Part 2: Lesson 9 - A Few First Aid Tips for Snakebite

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The information in this section does not substitute for getting proper training in first aid from an official organization such as the Kenya Red Cross or St. John's Ambulance. It is provided here as an aid for how to use these techniques for snakebite situations.

#### Applying A Pressure Pad

The following photos are **credited to the African Snakebite Institute ([africansnakebiteinstitute.com](http://africansnakebiteinstitute.com))** and demonstrate how to apply a pressure pad. These photos have not been altered in any way.

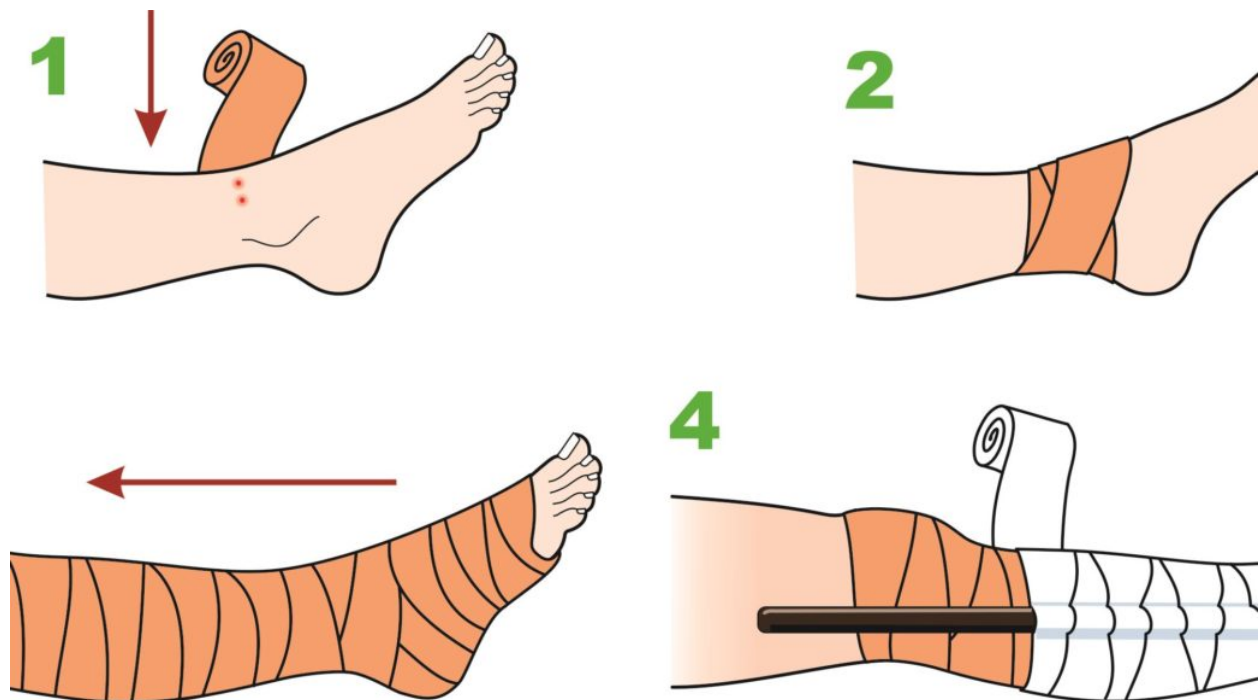






## Attaching A Splint With A Pressure Bandage

This technique should only be used for bites from a non-spitting cobra (forest cobra, Egyptian cobra, etc.) or a mamba (green, Jameson's, black). Using this technique for other bites may cause complications.



Source:  
<https://www.parasuniversal.com/2019/12/snake-bites-venom-important-information-please-share-by-rob-timmings/>

What materials can be used to make a splint? According to St. John's Ambulance, ***splints can be made from padded boards, tree limbs, rolled newspapers, a piece of wood, or by tying the limb to the body or an adjacent, uninjured limb*** (obtained from <https://www.stjohnvic.com.au/news/what-is-a-splint-and-how-to-make-one/>).

Videos about how to splint a limb can be found here:

1. <https://youtu.be/qnOeiMa8mMc>
2. <https://youtu.be/ILkw4BXa7pQ>

## **Assisted Breathing With A Pocket Mask**

The following photos are ***credited to the African Snakebite Institute (africansnakebiteinstitute.com)*** and demonstrate how to give assistance to someone who is having trouble breathing due to snakebite (usually cobra or mamba bites). These photos have not been altered in any way.

This is called a pocket mask. The valve in the mask does not allow the person giving assisted breathing to come into contact with the victim's body fluids.



Source: [africansnakebiteinstitute.com](http://africansnakebiteinstitute.com)

When the valve is placed over the mouth, it should look like this:



Source: [africansnakebiteinstitute.com](http://africansnakebiteinstitute.com)

When breathing into the mask, it should be a slow breath that just causes the chest to rise. For adults, give one breath every six seconds, for children give one breath every five seconds, and for infants one breath every four seconds. This type of breathing should be continued until the victim is in a healthcare facility or has been transferred to an ambulance with a trained crew.