

first & foremost



Poisoning

Potentially ANYTHING can be classed as a poison. It depends on the amount which enters the body and how the body deals with it.

There are 3 methods of entry into the body that a poison can use

1. Ingestion (eating or drinking)
2. Inhalation (breathing in gases and fumes)
3. Absorption (through the skin)

Many household items can be poisonous if not used correctly. These can include:

- ✓ Pain killers
- ✓ Cleaning products
- ✓ Salt
- ✓ Mouthwash / toothpaste
- ✓ Food
- ✓ Alcohol
- ✓ Perfume
- ✓ Nail varnish
- ✓ Lipstick
- ✓ Plants



First Aid for poisons

- ❖ There is not a single prescribed Poison First Aid Instruction. It always depends on the type and entry into the body
- ❖ Never induce vomiting if poison is ingested
- ❖ Get immediate medical help
- ❖ If poison is inhaled make sure it is safe for you to get the casualty out safely and into fresh air safely and never compromise your own breathing
- ❖ If the poison is on the skin wash it away in cold running water for up to 20 minutes to flush it from the skin.
- ❖ If you go to hospital – take some of the poison (or vomit) with you

Prevention is better than the cure