

18: blisters & sprains

suggested answers

task 1a): blisters

signs & symptoms	causes	management	prevention
“hot spots” on feet	new boots	treat hot spots ASAP	1) Wear in boots before going on camp.
tenderness	tight boots	apply 2nd skin or other dressing	2) Wear boots that fit .
redness & swelling	scrunched-up or dirty socks	rest	3) Pull up your socks .
limping	loose shoelaces	keep shoe off (e.g. wear sandal)	4) Tie your laces properly.

Task 1b): sprained ankles & knees

signs & symptoms	causes	management	prevention
pain & swelling	loose shoelaces	REST	1) Tie your laces properly.
tenderness	not watching your step	ICE (or cold water)	2) Watch your step .
redness & heat	walking when tired	COMPRESSIO N	3) Have regular rest stops.
reduced mobility	jumping when carrying pack	ELEVATION	4) Don't jump with pack.

task 2) As for Task 1a.

additional activities 1) Show & tell various footcare products (such as blister kits, sports tape).

2) Practise making a lower leg splint, using a closed cell foam mat, 2 sturdy poles/sticks about 60cm long & duct tape or the like. The aim is to enable someone with a badly sprained ankle to be able to walk without weight-bearing on their ankle. Wrap the foam around the lower leg – you may need to cut it – & tape the poles on either side of the leg so that they poke down about 10cm below the sole of the foot. The toe of boot/foot may also need to be taped in a comfortable/neutral position.