

Quick Guide to Snake Bite information and Kits for Snake and Spider Bites:

From [St John's Qld Guide to Snake Bite First Aid](#): (link below for full information)

Each year, around 3000 people are bitten by snakes, with one of Australia's most renowned native animals, the deadly brown snake more active over summer and autumn. There are up to 100 species of venomous snakes throughout Australia, and a bite can cause moderate to severe symptoms in humans.

St John Ambulance Queensland First Aid Trainer David McTaggart warns that all snakebites must be treated seriously.



“One of the most important things if you happen to be bitten by a snake is to remove yourself from further danger and potentially more bites. Don't try to catch the animal, don't try to suck out the venom, it doesn't work.”

“The first thing is to remove yourself from danger and try to immobilise yourself, so you are not moving around at all. The less muscle movement the better, you do not want to spread the venom through your lymphatic system then ultimately into the circulation system.”

“If you have a **First Aid Kit or Snake Bite Kit** with a pressure bandage it is important to apply pressure trying not to wash away the possible venom, mark the bite site, then apply some good firm pressure to slow the flow of the venom through the lymphatic system.”

To Avoid Snakes

“It is important to avoid any long grass, any open isolated non frequented areas, they like to hover around the edges of warm objects, under houses and around structures. Snakes tend to keep to themselves unless you agitate them, so it is best to create vibration by walking heavily or stamping your feet, stay on designated paths, don't wander off the beaten track – and you should be alright.”

Throughout snake season you must always be aware of your surroundings – don't walk in long grass, check your shoes if left outside and always look when walking through shrubbery. Snakes generally only bite humans if they are provoked, so if you sight a snake, steer clear and stand still to avoid aggravating the reptile.

Snake bites can be distressing if you are not prepared or are not confident in providing snake bite first aid. Although some of the most poisonous snakes in the world inhabit Australia's backyard, it's important to remember that dying from a snake bite is extremely rare so always remain calm and provide reassurance to the casualty.

By following our snake bite first aid tips and keeping a [Snakebite First Aid kit](#) handy, you can guarantee this season you will be ready if a snake strikes.

[St John's Guide to Snake Bite First Aid: Be Prepared with our Guide to Snake Bite First Aid - St John Ambulance QLD \(stjohnqld.com.au\)](#) (accessed 25.7.23, dated 11.4.23)

From [St John Vic information about Snake Bite Kits](#): (link below for full information)

If you live or work in a snake prone area, it is recommended that you have the tools on hand to treat injuries due to snake bites.

CHOOSING THE RIGHT SNAKE BITE KIT

Most kits will include bandages required to provide first aid for a snake bite, however a specific kit is ideal if you want those items easy to find and access in an emergency.

How the kit is packaged will also be important and depend on your requirements. Do you need a kit that can be easily stored within a larger kit, a backpack or a glove box? Or perhaps you require the kit to have straps so it can be affixed to you during movement such as walking or hiking.

DO I NEED A SNAKE BITE KIT?

- Live in a warmer climate or its spring/summer - snakes area more prevalent when the weather is warm
- Have a garden and spend time in the garden
- Go camping in national parks or bushland
- Go hiking in national parks or bushland

Snake-bite Kits:

[Snakebite first aid kits \(stjohnvic.com.au\)](http://stjohnvic.com.au) or

[Search: 2 results found for "snakebite" – St John Ambulance National Online Shop](#) or

[Snake Bite Kit \(firstaidkitsaustralia.com.au\)](http://firstaidkitsaustralia.com.au) or

[Snake Bite Kit \(allstatehealthcare.com.au\)](http://allstatehealthcare.com.au) and

Snake & Spider bite kit:

[Snake and Spider Bite Kit \(allstatehealthcare.com.au\)](http://allstatehealthcare.com.au)

