FREE SNAKE BITE GUIDE

Snake bite first aid

Based on ANZCOR Guidelines 9.4.1 & 9.4.8

**STAY STILL.
BANDAGE.
CALL 000.**

1. WHAT IS A SNAKE BITE?

A snake bite can inject venom through the fangs. Venom can spread through the lymphatic system and may cause life-threatening effects. Keeping still helps slow venom spread.

2. RECOGNISE THE SEVERITY

SUSPECTED SNAKE BITE



- Bite marks may be tiny or not visible
- Pain may be mild or absent
- Any suspected snake bite needs medical assessment

SIGNS OF ENVENOMATION



- Nausea, headache or abdominal pain
- Blurred vision or drooping eyelids
- Weakness, breathing difficulty or collapse

Symptoms may be delayed. Keep the person still and monitor closely.

3. WHAT TO DO

1 CALL FOR HELP



Move away from danger. Call 000 and keep the person calm and still.

2 APPLY PRESSURE



Apply a firm broad pressure bandage directly over the bite.

3 BANDAGE THE LIMB



Bandage the whole limb from fingers or toes upward as far as possible.

4 IMMOBILISE



Apply a splint and keep the limb completely still.

5 MONITOR



Watch breathing and response. Start CPR if unresponsive and not breathing normally.

4. IMPORTANT REMINDERS



Do **NOT** wash the bite. Leave it undisturbed.



Do **NOT** use a tourniquet. Never cut off blood circulation.



Do **NOT** cut or suck the bite. Do not attempt to remove venom.



Do **NOT** catch the snake. Do not risk another bite.



Leave the bandage on until medical help arrives.



Pressure immobilisation is the recommended approach.
The bandage should be firm but not so tight that it stops circulation.

5. WHEN TO GET EMERGENCY HELP

Call 000 urgently for any suspected snake bite, or if the person develops nausea, drooping eyelids, weakness, breathing problems or collapse.

Quick action matters. Stay still, bandage and call 000.

Source: ANZCOR Guidelines 9.4.1 and 9.4.8, accessed 23 October 2026.

First Line
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