This is an area where our mappers and planners have previously come across adders.

The adders are very timid and normally hide away from people so you are unlikely to come across one, but here is information in case you do:

What do they look like?

Typical Male Adder



Typical Female Adder



Rare Dark Version



Here are pictures of the other (non-poisonous) British snakes for comparison:

Slow-worm



Grass snake



Smooth snake



What to do if you come across an adder

Don’t go near it or try to catch it. Most snake bites in the UK are on the hands of people who have tried to catch or pick up the snake!

What to do in the unlikely event of a snake bite (based on NHS advice)

DO:

- Stay calm! Snake bites always need checking out at a hospital but can be treated very successfully with antivenom.
- Keep the part of your body that has been bitten as still as possible (this will slow the spread of any venom).
- Summon help using your whistle or phone.
- Take off any jewellery and loosen clothes near the bite, in case the area swells.
- If you have access to clean water or mediwipes, clean the wound.
- If you are still on your own, lie down in the recovery position if you can (in case you are one of the tiny proportion of people who have a major allergic reaction to snake venom).
- If someone is with you who can watch for signs of an allergic reaction, sit down keeping the bitten area as far below your heart as you can and as still as you can, to slow the spread of any venom.
- When first aid help arrives, they will clean the wound and help get you out of the forest and to hospital to be checked.

DON’T

- Do not go near the snake, or try to catch or kill it.
- Do not try to suck or cut the poison (venom) out of the bite.
- Do not tie anything tightly round the part of the body where the bite is.
- Do not take aspirin or ibuprofen, as they can make bleeding worse.