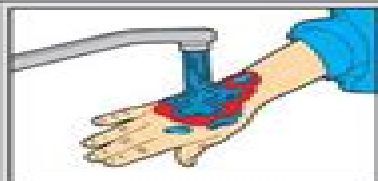


FIRST AID



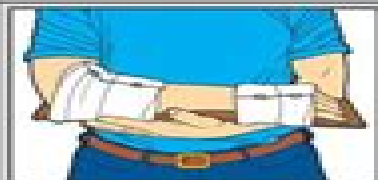
BLEEDING

- Apply direct pressure to the wound using a sterile gauze pad or clean cloth.
- Elevate the injured area above the level of the heart if there is no fracture.
- Cover the dressing with a pressure bandage. If bleeding does not stop apply additional dressings.
- If necessary, apply pressure to the artery with your hand.



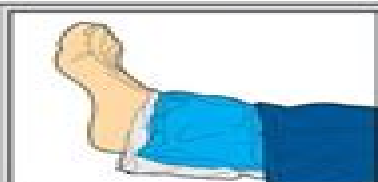
BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses if water is unavailable.
- Cover the burn. Cover burn with non-adhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.



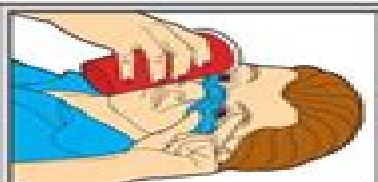
FRACTURES

- Help the person support the injured area. Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- Check for feeling, warmth and color below fracture.
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Apply ice or cold packs and elevate.
- Treat for shock. Lay the person down and elevate the legs.



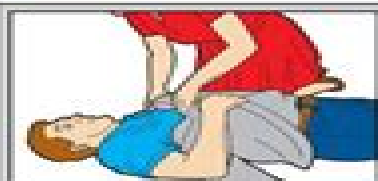
SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under to protect the skin).
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.



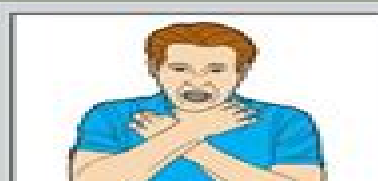
EYE INJURIES

- Don't rub the eye.
- For a foreign particle such as dirt, sand, or sliver of wood or metal have the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eye immediately wash the eye with lots of water.



SHOCK

- Help the person lie down on his or her back.
- Elevate the feet about 12 inches. If raising the feet causes pain or further injury, keep him or her flat.
- Check for signs of breathing, coughing, or movement, and if absent begin CPR.
- Keep the person warm and comfortable.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.



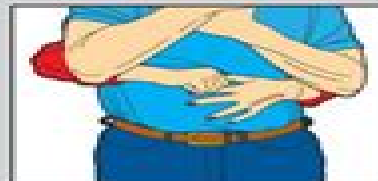
CHOKING

Signs of choking

- The person has hands clutching his or her throat, unable to breathe or talk, or skin, lips, and nails are turning blue.

Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrap your arms around the waist.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver, showing your fist inward and upward quickly.
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.



CPR

- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.

Compressions - Begin compressions

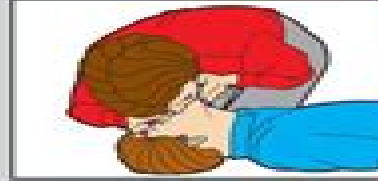
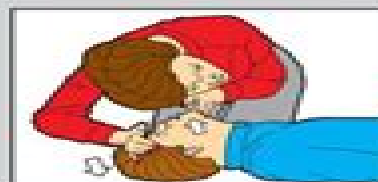
- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minute.

Airway - Clear the airway

- If trained for CPR, after 30 compressions, open the person's airway by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathe sounds.

Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise, reposition the head tilt, chin-tilt, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement or emergency personnel take over.



Outdoor Emergency First Aid Manual

Victoria Logue



Outdoor Emergency First Aid Manual:

Outdoor Emergency Care: A Patroller's Guide to Medical Care Edward C. McNamara, David H. Johe, Deborah A. Endly, 2020-05-07 Update July 1 2024 The Outdoor Emergency Care course has migrated to NSP's Center for Learning Platform From July 1 December 31 2024 NSP will offer both the Navigate Advantage Access Navigate and NSP Center for Learning Hybrid versions of the course Prior to enrolling verify with your instructor which course to choose Students enroll in either course through the NSP Center for Learning from the nsp.org website For students enrolled in the Outdoor Emergency Care Navigate version of the course please purchase either the Advantage Access fully digital or Paperback Advantage textbook to access the online course materials You will access the course portal via the Navigate Advantage Access code provided with your textbook For students enrolled in the Outdoor Emergency Care Hybrid version of the course please do not purchase the Advantage Access digital only version of the textbook You will access the course from your NSP Center for Learning Developed in partnership with the National Ski Patrol Outdoor Emergency Care A Patroller's Guide to Medical Care Sixth Edition is designed to prepare first responders to handle any medical situation in the outdoor environment during all seasons The Sixth Edition features A straightforward consistent patient assessment process The patient assessment process is presented in the same way patients are assessed in the health care system Flowcharts are provided throughout the Patient Assessment chapter to keep the reader focused on each step of the process Up to date content As you read through each chapter you will find new information that is current with present prehospital patient care Subject matter that meets and in many cases exceeds the National Emergency Medical Responder criteria Information unique for ski and bicycle patrollers including extrication is included This material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue Continuous case studies A continuous case study is included in each chapter to encourage critical thinking and application of the information as readers progress through the chapter End of chapter review questions The review questions included at the end of each chapter allow students to evaluate the knowledge they have gained while reading the chapter Focus on learning objectives Specific objectives listed at the beginning of each chapter tell students at the outset what they are expected to learn as they move through the chapter Physical Textbook Interactive eBook version of the textbook Navigate online access code that unlocks an eBook Audiobook Study Tools Assessments and Analytics Navigate online access code that unlocks Lecture Outlines Lecture PowerPoint Slides Skill Guides Scenario Bank and a Test Bank Available to instructors only Paperback Navigate Advantage Access ISBN 9781284205251 X X Access to eBook included with your Navigate online access code X X Access to Online Instructor's ToolKit included with your Navigate online access code Navigate Advantage Access ISBN 9781284240764 X Access to eBook included with your Navigate online access code X X Access to Online Instructor's ToolKit included with your Navigate online access code Online Instructor's ToolKit ISBN 9781284240726 X Standalone access to Online Instructor's ToolKit eBook ISBN 9781284224085 X Standalone

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more Discover the unique considerations for rendering first aid to vulnerable populations including infants children and the elderly By gaining this knowledge you become an indispensable asset in any emergency situation ready to respond with unwavering composure and expertise This manual also emphasizes the importance of preparedness and prevention offering practical strategies for creating a safe environment at home at work and during outdoor activities Learn how to assemble a comprehensive first aid kit tailored to your specific needs and circumstances Recognize and mitigate potential hazards reducing the likelihood of accidents and injuries Furthermore as a responsible member of your community you have the opportunity to become a guardian of well being Share your knowledge and skills with others fostering a culture of preparedness and resilience By empowering your community with first aid training you create a network of individuals ready to respond to emergencies with confidence and compassion Remember first aid is not merely a collection of techniques it is an embodiment of empathy compassion and the unwavering belief in the sanctity of human life As you embrace the principles and practices outlined in this manual you become a beacon of hope in times of crisis a guardian angel ready to make a profound difference in the lives of those around you If you like this book write a review on google books [The Backpacker's Field Manual, Revised and Updated](#) Rick Curtis,2005-05-24 This thoroughly researched yet accessible backpacking book offers a complete view of backpacking today exploring everything from how to plan a trip and select gear to emergency procedures and first aid care in the field A revised updated and comprehensive guide to backpacking with a complete view of modern day backpacking The Backpacker s Field Manual covers the best in gear first aid and Leave No Trace camping and also includes chapters dedicated to trip planning cooking and nutrition hygiene and water purification and more Whether you re about to set off on your first hike or have been camping for decades The Backpacker s Field Manual is an indispensable guide for trip planning strategies and also works as a quick reference on the trail for Back country skills how to forecast the weather identify trees bear proof your campsite wrap an injured ankle and more with over one hundred illustrations to guide you Tricks of the trail time tested practical lessons learned along the way Going ultra light downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited so on your next trip carry the only guide you ll ever need this one and take to the great outdoors with confidence *Wilderness First Aid: Emergency Care in Remote Locations* American Academy of Orthopaedic Surgeons (AAOS),2013-09-24 *Wilderness First Aid Emergency Care in Remote Locations* Fourth Edition provides information on how to handle common injuries and illnesses when medical care is an hour away or more Designed for those who work or travel in remote locations this comprehensive guide will teach you what to look for and what to do in the event of an emergency and direct you to the most appropriate type of care Completely revised the Fourth Edition contains updated information on first aid training and meets the 2010 cardiopulmonary resuscitation CPR and emergency cardiovascular care ECC guidelines The text also includes Expanded information on heat and cold emergencies Updated guidelines for managing snake bite emergencies New

information on managing diabetic emergencies Skill sheets providing step by step visual reviews of procedures discussed Flow charts reinforcing the decision making process and appropriate procedures Decision tables provide a concise summary of what signs first aiders should look for and what treatment steps they should take Outstanding photography and illustrations

WILDERNESS FIRST AID 3E American Academy of Orthopaedic Surgeons (AAOS),2007-09-24 Current Catalog National Library of Medicine (U.S.),1982 First multi year cumulation covers six years 1965 70 *Outdoor Survival Skills: The Essential Survival Guide* Boreas M.L. Saage, Discover the comprehensive world of outdoor survival skills with this practical guide that bridges basic knowledge and advanced wilderness strategies Whether you re a beginner or experienced survivalist this book provides valuable insights into essential outdoor survival techniques The guide covers crucial aspects of survival and emergency preparedness including Detailed instructions for assembling and maintaining your outdoor first aid kit Essential emergency medicine procedures and wilderness first aid techniques Fundamental outdoor survival skills for various environments and weather conditions Natural navigation and orientation methods Shelter building and camp setup strategies Fire starting and maintenance techniques Water procurement and purification methods Wild edible plant identification and food gathering Basic to advanced outdoor adventure techniques Learn how to Apply practical first aid outdoor techniques in emergency situations Navigate challenging terrain using both traditional and modern methods Create emergency shelters using available materials Find and prepare safe drinking water Identify edible plants and establish sustainable food sources Maintain mental resilience in survival situations The book emphasizes outdoor survival and sustainability teaching readers how to work with nature rather than against it Each chapter builds upon fundamental skills progressing to more advanced wilderness strategies and techniques Perfect for Outdoor enthusiasts seeking to expand their survival knowledge Hikers and campers wanting to enhance their safety skills Those interested in emergency preparedness and self reliance Adventure seekers looking to develop wilderness competency Equip yourself with the knowledge and confidence needed to handle outdoor emergencies and survival situations effectively First Aid: A Pocket Guide, 4th Ed. , When things go wrong in the backcountry or elsewhere this handy compact guide is an indispensable resource

Auerbach's Wilderness Medicine E-Book Paul S. Auerbach, Tracy A Cushing, N. Stuart Harris, 2016-09-21 Now in its 7th edition Auerbach's Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting World renowned authority Dr Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven practical visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce This indispensable resource equips physicians nurses advanced practice providers first responders and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses no matter where they happen Brand new 2 volume format ensures all content is available in print and online to provide you easy access Face any medical challenge in the wilderness with expert

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Emergency Supply Kits: The Essential Guide to Home Disaster Preparedness Jade Summers, When disaster strikes will you be ready Whether it's a natural catastrophe a power outage or an unexpected emergency having the right supplies on hand can make all the difference Emergency Supply Kits The Essential Guide to Home Disaster Preparedness empowers you to take control and transform your safety with clear proven strategies Inside this practical guide you'll discover step by step instructions and detailed checklists that make assembling your emergency kit simple and stress free From must have essentials to smart maintenance tips this book unlocks everything you need to master your home's disaster readiness Imagine the confidence you'll gain knowing your family is protected no matter what happens Join thousands of readers who have already taken action to safeguard their homes and loved ones Real life examples and expert advice provide reassurance and clarity helping you avoid common pitfalls and stay prepared year round Don't leave your safety to chance Take the first step toward peace of mind and empower yourself today Download your copy now and become the hero your household needs

Bug Out Readiness, Advisory Book, Hudkins Publishing Ronald Hudkins, 2023-03-10 This Bug Out Bag Book is a comprehensive guide that provides detailed instructions on preparing and packing a Bug Out Bag a portable kit containing essential items necessary for survival in emergencies or disaster scenarios This book typically covers a wide range of topics including the importance of having a Bug out Bag the types of emergencies or disasters for which the bag is intended the

selection and organization of items to include and the maintenance and updating of the bag It also includes practical tips and tricks such as properly packing and distributing the bag s weight choosing the proper clothing and footwear creating a survival plan and navigating through different terrain and environments A Bug Out Bag Book is an essential resource for anyone who wants to be prepared for unforeseen events and emergencies whether they are avid hikers campers or preppers

Hiking and Backpacking Victoria Logue,2013-03-01 Hiking Backpacking Essential Skills to Advanced Techniques provides backpackers of all skill levels with the fundamental techniques and advanced tricks of trailsmithing needed to plan and carry out an enjoyable and rewarding outdoor adventure *Outdoor Life: Ultimate Bushcraft Survival Manual* Tim MacWelch,2021-06-29 Beyond Survival Have you ever wondered whether you could survive in the wild with nothing but a knife and the clothes on your back This book will tell you how but that s only the beginning In this practical hands on guide survival expert Tim MacWelch shows you how to build fires make shelter find food craft tools and more using little or no modern technology Traditional Wisdom The skills in this book have been used for thousands of years by people all around the globe That s how we know they work Live off the Land Learn how to carve a snow cave build a mud oven disinfect water keep tarantulas out of your hammock and hundreds of other bushcraft essentials For over 110 years Outdoor Life magazine has brought the best in hunting fishing and wilderness survival expertise to millions of avid sportsmen and nature enthusiasts as well as expanding their coverage to include insider tips on urban survival and disaster preparedness This book reflects the best of both in one indispensable package Book jacket Wilderness Medicine E-Book Paul S. Auerbach,2011-10-31 Quickly and decisively manage any medical emergency you encounter in the great outdoors with Wilderness Medicine World renowned authority and author Dr Paul Auerbach and a team of experts offer proven practical visual guidance for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce Every day more and more people are venturing into the wilderness and extreme environments or are victims of horrific natural disasters and many are unprepared for the dangers and aftermath that come with these episodes Whether these victims are stranded on mountaintops lost in the desert injured on a remote bike path or ill far out at sea this indispensable resource now with online access at www.expertconsult.com for greater accessibility and portability equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness This textbook is widely referred to as The Bible of Wilderness Medicine Be able to practice emergency medicine outside of the traditional hospital clinical setting whether you are in remote environments underdeveloped but highly populated areas or disaster areas are part of search and rescue operations or dealing with casualties from episodes of extreme sports and active lifestyle activities Face any medical challenge in the wilderness with expert guidance Dr Auerbach is a noted author and the world s leading authority on wilderness medicine He is a founder and Past President of the Wilderness Medical Society consultant to the Divers Alert Network and many other agencies and organizations and a member of the National Medical Committee for

the National Ski Patrol System Handle everything from frostbite to infection by marine microbes not to mention other diverse injuries bites stings poisonous plant exposures animal attacks and natural disasters Grasp the essential aspects of search and rescue Respond quickly and effectively by improvising with available materials Improve your competency and readiness with the latest guidance on volcanic eruptions extreme sports splints and slings wilderness cardiology living off the land aerospace medicine mental health in the wilderness tactical combat casualty care and much more Meet the needs and special considerations of specific patient populations such as children women elders persons with chronic medical conditions and the disabled Make smart decisions about gear navigation nutrition and survival Be prepared for everything with expanded coverage on topics such as high altitude cold water immersion and poisonous and venomous plants and animals Get the skills you need now with new information on global humanitarian relief and expedition medicine plus expanded coverage of injury prevention and environmental preservation Get guidance on the go with fully searchable online text plus bonus images tables and video clips all available on ExpertConsult.com

The National Outdoor Leadership School's Wilderness Guide

Mark Harvey, 2018-04-24 The classic backpacker's handbook revised and updated providing expert guidelines for anyone who loves the outdoors The Wilderness Guide brings the savvy of the world's most famous and respected outdoor organization to everyone from the sixteen million backpacking Americans to the more than 265 million people tenderfeet and trail hardened hikers who visit our national parks annually It covers Selecting equipment including discussions of the advantages and disadvantages of products such as the internal frame pack lighter weight boots and freestanding tents The latest leave no trace camping techniques Traveling safely and sensibly including vital information on maps compasses and tips on crossing difficult terrain Backcountry cooking with tips on building fires and tricks for making gourmet meals Search and rescue techniques including how to organize a self sufficient search group and when to call in professional rescue teams Illustrated throughout with instructional drawings and photos and featuring lists of equipment the Wilderness Guide is a must have for anyone planning to explore the great outdoors

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