

CPR & Basic First Aid



Wilderness Oriented Presentation #4

Mission Hills Christian School

WILDERNESS FIRST AID

- Provided where the arrival of emergency responders or the transport of an injured person may be delayed due to constraints of terrain, weather, and limited equipment make improvisation and resourcefulness essential.
- It may be necessary to care for an injured person for several hours or days.



Deciding to Evacuate

- Should you stay put, move to another more “accessible location”, or transport the victim out?
- Should you attempt to leave the victim in order to go get help?

**It will depend on
resources and
conditions.**



Deciding to Evacuate

The physical conditioning and number of rescuers, level of first aid or medical training, the number of victims, and the seriousness of their injuries, along with the type and difficulty of the terrain and type of environmental conditions.

HAVE A PLAN.



Carry Out the Plan

- **Implementing the plan takes place after:**
 - **All first aid has been given**
 - **The plan has been formulated**
 - **The equipment assessed**
 - **The party is ready**
- **Patient monitoring**
- **Altering the plan**

Deciding to Self-Evacuate

- **Factors to consider:**
 - Strength of the group
 - Equipment available
 - Extent of patient's injuries
 - Terrain
 - Time



Search and Rescue (SAR)

- Essential components of wilderness first aid.
- Heroism must be tempered by reality and to avoid creating more victims.
- Evacuation may take extended periods of time (hours to days), during which clinical problems must be actively managed, not merely stabilized as in urban protocols.



Basic First Aid Kit

- ❑ **Aspirin or Tylenol - 100 tablets**
- ❑ **Tylenol 3 (aspirin and codeine – prescription only) - 30 tablets**
- ❑ **Antihistamine - 20 tablets**
- ❑ **Laxative - 10 tablets**
- ❑ **Anti-diarrhea tablets - 25**
- ❑ **Band-Aids of varying size and shape - 30**
- ❑ **Sterile gauze pads, 4 " squares - 5**
- ❑ **Porous adhesive tape, 1" wide - 1**
- ❑ **Waterproof adhesive tape, 1" wide - 1**
- ❑ **Spenco Second Skin (for burns), 2" x 4" - 4**
- ❑ **Elastic bandage, 3" wide - 1**



Basic First Aid Kit (cont.)

- Triangular bandages - 2
- Duct tape**
- Safety pins - 10
- Antiseptic cleaning solution - 2 ounces**
- Calamine lotion - small bottle
- Scissors - 1**
- Tweezers – 1
- Prescription Meds: Hikers with chronic medical conditions requiring prescription medication should bring extra medication with them.**
- Visually Impaired: Hikers with visual impairment requiring prescription eyeglasses or contacts should bring an extra pair in the event their primary pair is lost or broken.**

Medical Kit: Quantities depend on size of party and length of trip.

- Basic first aid kit, carry separate
- Medical reference book
- Anakit (for anaphylactic shock)
- Aspirin
- Morphine (oral or injection) or codeine
- Penicillin
- Tetracycline
- Ciprofloxacin
- Antihistamines
- Anti-nausea/motion-sickness agents
- Scissors



Medical Kit (cont.)

- **Scalpel** and blades
- Syringe with wide-bore needle for irrigation
- Oral thermometer in protective case
- Sam Splint
- Elastic bandages, 2" and 6"
- Oil of cloves (for dental pain)
- Long-acting decongestant spray
- Sunscreen
- Sterile gauze, various sizes
- Spenco Second Skin, various sizes
- Adhesive tape



Medical Kit (cont.)

- Band-Aids
- Suture equipment if doctor or veterinarian is on trip
- Butterfly strips
- Q-tips
- Triangular bandages and safety pins
- Moleskin
- Pocket rescue mask (for artificial resuscitation)
- Surgical forceps
- Magnifying glass
- Penlight



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THE END

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