

CPR & Basic First Aid



Wilderness Oriented Presentation #1

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.



Some Delayed-Help Activities

○ Hiking

○ Backpacking

○ Camping

○ Climbing

○ Horseback Packing/Riding

○ Spelunking/Caving

○ Skiing



○ Boating

○ Sailing

○ Canoeing

○ Kayaking

○ Rafting

○ Ballooning



Emergency Action Steps

Assess - *Arrival at Scene*

Scene: Is it safe? What happen?

Patient: How many?

Resources: bystanders/supplies

Alert

Plan what to do and who will do what

Get help: Call or send for help

Attend

Provide care as needed

Monitor the patient closely

Assess Resources

- Number of people to help
- Communications
- Food supply
- Water supply
- Shelter
- Supplies
- Transportation

Alert: Call for Help

- **Plan what to do**
- **Get help:**
 - Calling
 - Distress signals
 - Sending for help
 - Leaving a patient alone
 - Transporting the patient

Risk and Safety

- ❑ **Risk is a number, a statistic.**
- ❑ **Safety is a judgment call.**

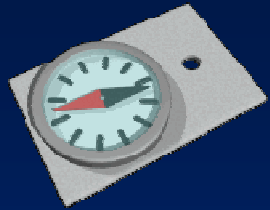
Judgment

- Wilderness first aid is unique in its dependence on clinical judgment.
- Basic diagnostic equipment is not likely to be available.
- Relies on *improvisation*, using whatever supplies or materials are available. Any medical equipment and medications carried should have multiple uses.

Be Prepared

Four types of preparation:

- **Mental preparation**
- **Physical preparation**
- **Group preparation**
- **Material preparation**



The Ten Essentials



1. Map of the area – Topo Only
2. Compass – Troop Approved
3. Flashlight w/extra batteries & bulb
4. Extra food – Protein and Carbs
5. Extra clothing - Head Cover, jacket, socks, gloves, sweatshirt
6. Rain Gear - Jacket as a wind breaker
7. Sunscreen - Recommended Sunglasses
8. Pocketknife - BSA Approved
9. Fire starter - Matches in a fire proof container,
Candle or other fire starter that is reliable
10. First aid kit – BSA Approved

Other Important Items

- ❖ Full water bottle(s)
- ❖ Signaling device
- ❖ Ground insulation
- ❖ Duct tape
- ❖ Shelter
- ❖ Special environmental concerns
- ❖ Emergency blanket

**Drink plenty of water before
and during hiking.**

Vital Signs

- **Pulse**
- **Breathing**
- **Skin Color and Temperature**
- **Pupil Reactions**
- **Level of Consciousness (LOC)**
- **Sensation**
- **Ability to move**

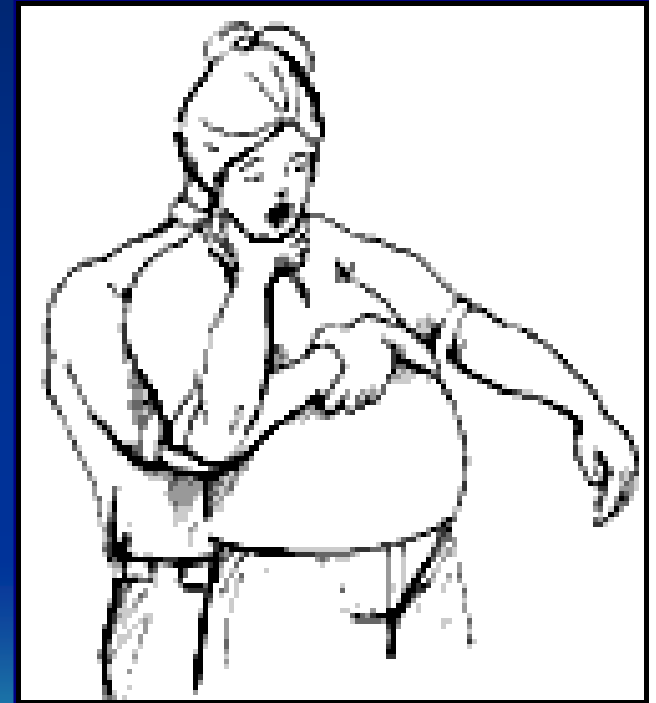
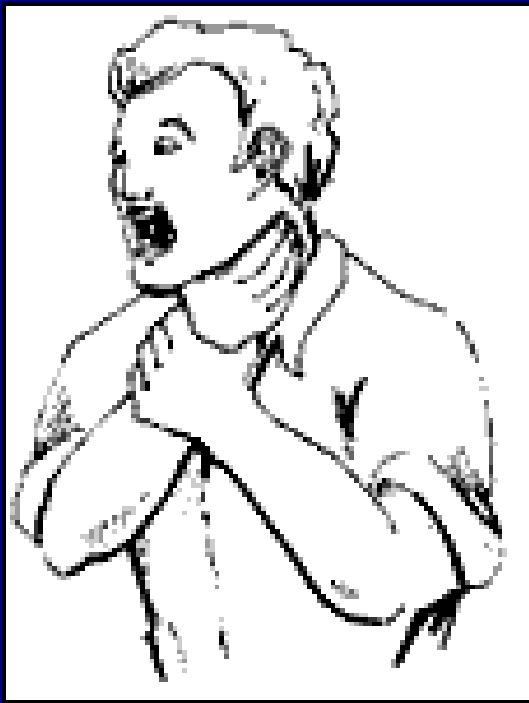
Steps to Prevent Disease

- **Wear gloves**
- **Dispose of soiled items properly**
- **Remove soiled gloves properly**
- **Cover cuts, scrapes, etc.**



Obstructed Airway (Choking)

5 Back Blows And 5 Abdominal Thrusts

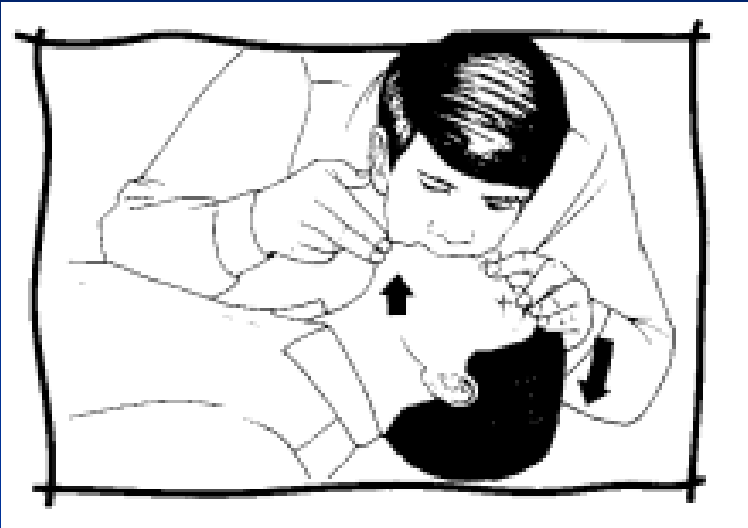


Rescue Breathing - Adult



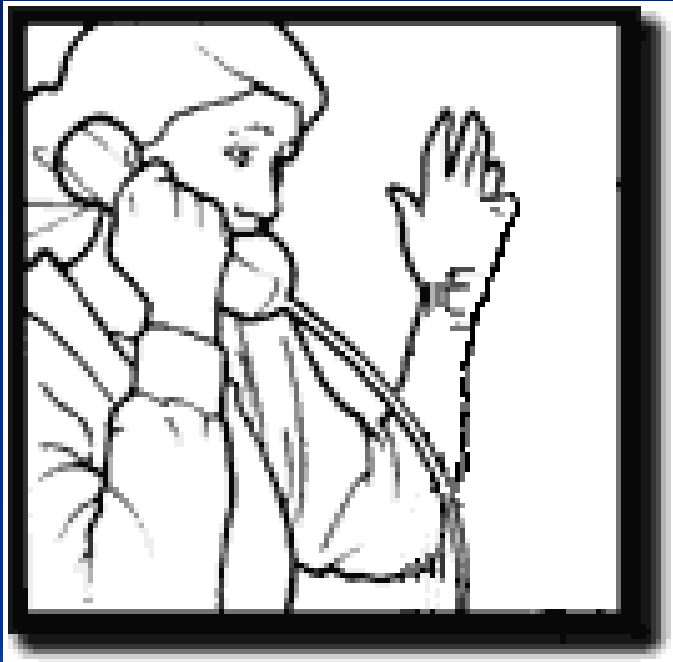
- **Tip the head using a head tip-chin lift.**
- **Look, Listen, and Feel for breathing**
 - **No breathing, Give 2 breaths**

Rescue Breathing - Adult



- Check for Signs of Life
- If person appears to have a pulse, give rescue breathing once every five seconds.
- Stop after 2 minutes, check, continue Rescue Breaths or CPR if needed.

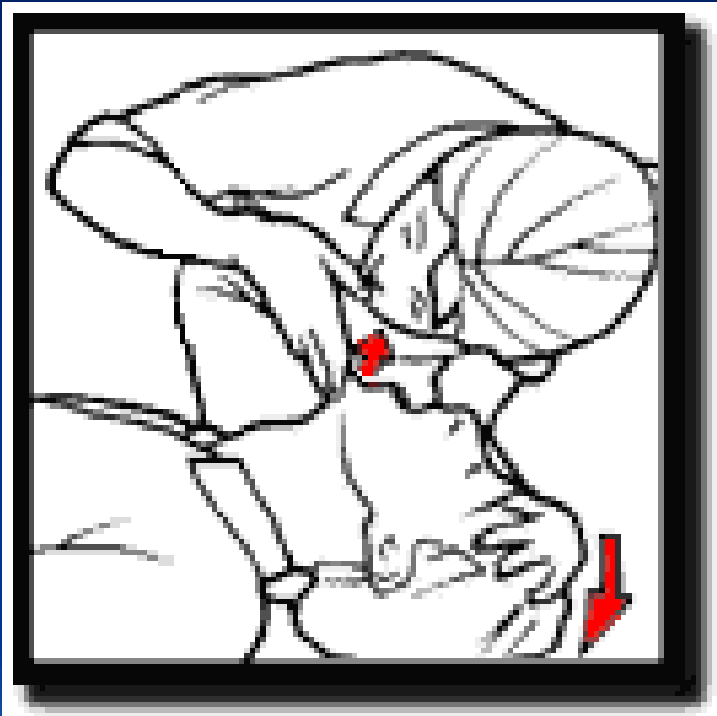
Adult CPR - CALL



Step #1.

- Check the victim for unresponsiveness.
- If no response, Call 911 and return to the victim.
- **Not possible in Wilderness at times. Send someone for help.**

Adult CPR - Blow

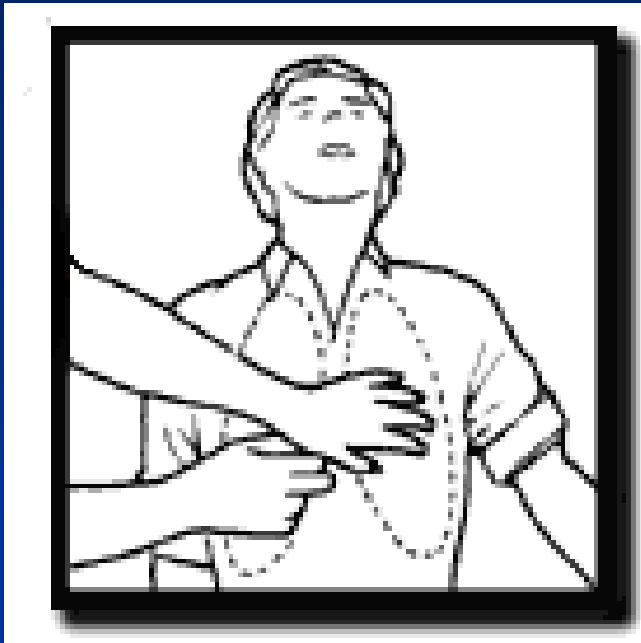


Step #2.

- Tilt the head back and listen for breathing.
- If not breathing, pinch nose and cover the mouth.

**Give 2 breaths
(1 second each)**

Adult CPR - Pump



Step #3.

- Check for

- Signs of Life.

- If none, give 30 compressions to 2 breaths of air.

- Pump 100 times per minute.

Unconscious Choking Obstructed Airway



Step #1.

Open mouth and
remove any foreign
objects found inside



Step #2.

Attempt to blow air
into victim.



Step #3.

If victim's chest does
not rise, perform chest
compressions

REPEAT STEPS #1, #2, AND #3 UNTIL OBJECT IS REMOVED

American Safety and Health Institute



Proceed To Presentation #2

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