

- heat injuries:
 - exhaustion: still sweating, conscious (rest, cool, hydrate)
 - heat stroke: not sweating, brain cooking (shade, rest, cool!!, no drinking)
 - dehydration: more water going out than going in (drink before you need to)
 - N.B. Your body is 60% water. Thirst starts at a 1% loss of that.
 - sunburn: 1st degree burn (prevention - sun block, clothing)
- cold injuries
 - hypothermia: core body temperature below 90°F
 - signs: feel cold, shivering, altered mental status, unsteady on feet
 - (get warm with blankets, shared warmth, warm drinks)
 - frostbite: lost circulation in extremities or vulnerable areas
 - (gentle re-warming!)
 - N.B. You lose about 60-70% of your heat through your head !
 - N.B. Water draws heat away from you about 25 times faster than air

OTHER CASES

Cuts and scratches (prevention, clean, dress)

Blisters: friction 2nd degree burn

Burns: 1st degree - redness; 2nd degree - blisters; 3rd degree - charring
(prevention, don't pop blisters, clean, non-petrolatum jelly, dress)

Bites: insect: what kind?, stinger left behind? (remove stinger, clean, dress)

Bites - tick (evening check, liquid hand soap, careful removal, save for MD)

Bites - snake: (avoidance, wound below heart, minimal movement)

Bites - animal: rabies? strange behavior? (clean, dress, pt to hospital)

Nosebleed (lean forward, pinch nose, hold cloth or gauze)

Object (small!) in eye (rinse out, remove with clean/sterile gauze/Q-tip)

Punctures: small one? bleed, remove, clean, dress
large one? stabilize, transport

BANDAGING

- Ankle (keep supporting footwear in place)
- Head
- Arm
- Collarbone/clavicle

RESCUE

- smoke filled room (assist, drag)
- ankle (walking, 1 person carry, 4 hand seat, 2 person carry)

XTRA STUFF: Poison Ivy/Oak/Sumac. Avoid. Use a barrier. After contact: wash urushiol within 20-30 mins. with Tecnu, Zanfel, or detergent & cold water. An alternative is to first clean the skin with isopropyl alcohol, then with soap and cold water. Remember that the oil stays on clothes 'n' stuff, too!

Selected First Aid Supply Sources

Gall's ((formerly DynaMed), 2680 Palumbo Drive, Lexington, KY 40509-1000,
1-800-477-7766, www.galls.com

Moore Medical Corp., 389 John Downey Drive, P O Box 2740, New Britain, CT
06050, 1-800-234-1464, www.mooremedical.com

Masune First Aid & Safety, 500 Fillmore Avenue, Tonawanda, NY 14150,
1-800-831-0894, www.masune.com

(You can save money by buying supplies for several kits at once.)

CPR & First Aid Training

American Heart Association
20 Speen Street
Framingham, MA 01701
1-508-620-1700

American Red Cross
1495 Hancock Street
Quincy, MA 02169
1-617-770-2600

or

Also check local Fire Department or hospital. 281 Pleasant Street
Brockton, MA 02301

National Poison Control 1-508-586-4790
1-800-222-1222 (www.maripoisoncenter.com)

References

(Boy Scout Handbook 11th ed.) (Webelos Scout Book rev. 2001)
(Scout Leader Handbook rev. 1999)

Emergency Medications

Medicines such as EpiPens or asthma (bronchodilator) inhalers should be kept on one's person. They will not be very effective when they are in possession of someone who is 500 yards away.

[Historical] First Aid Kit Items

Official First Aid Kit (©1932)

1 roll Wet-Pruf tape, 1 2"x10yd gauze bandage, 2 Handi-Pads, 1 bottle mercurochrome, 6 Handi-Tape-Borated, tube Burn-a-Lay, vial Halazone tablets

PERSONAL KIT

alcohol gel hand cleaner - small (1)
antibiotic ointment (packets or tube)
antiseptic swab* (e.g. Betadine†)(2)
Band-aids - 2 or 3 sizes (3 ea)
CPR barrier device (1)
eye protection (1)
gauze pads - 4x4 (3)
gloves, latex ‡ (2)
moleskin or molefoam (1)
paper & pencil (1)
roller gauze - 3" or 4" (1)
scissors - blunt or bandage (1)
"space" [mylar] blanket (1)
tape, silk - 1" (1 roll)
triangular bandage & safety pin

NOTES:

[* Could use pads instead.]

[† ® a brand of povidone iodine.]

[‡ Although some people are truly allergic to natural rubber latex, unless you have such a person in your group, this type of glove should suffice.]

[Approx. cost: Personal \$30;
Troop \$56 ("big" items: SAM splint \$12 (alt. brand \$7 or wire splint for \$3), CPR barrier \$8, scissors \$6)
Nitrile gloves cost about 2 x latex.]

TROOP / PATROL KIT

alcohol gel hand cleaner - small (1)
alcohol prep pads (wipes) (6)
antibiotic ointment (packets or tube)
antiseptic swab* (e.g. Betadine†)(4)
Band-aids - 2 or 3 sizes (3 ea)
CPR barrier device (1)
combine (i.e., large) pad (1)
Elastic ["ACE"] bandage - 3" or 4"
eye protection (1)
gauze pads - 4x4 (4)
gloves, latex ‡ (4)
ice pack, disposable (1 or 2)
penlight or small flashlight (1)
roller gauze - 2" & 4" (2 ea)
scissors - blunt or bandage (1)
moldable splint (e.g. SAM splint) (1)
"space" [mylar] blanket (1)
tape - 1" (1 roll)
triangular bandages (2) (w/pins)
tweezers, fine (1)

Optional items

analgesic (e.g., Tylenol, aspirin)
burn pads / gel (e.g., Burn Jel ®)
eye wash - small (1)
lip balm (e.g., Chapstick)
water purification treatment

REFERENCE MATERIAL

First Aid-themed

- “Basic Essentials: Wilderness First Aid” William Forgey
(Globe Pequot Press, 1989, 1999)
- “Camp Health & First Aid In My Pocket” Nancy Martineau, et al
(In My Pocket Books, Inc., [?])
- “First Aid, CPR, and AED” Alton Thygerson, et al
(Jones and Bartlett Publishers, 2006)
- “Forgey’s Wilderness Medicine” William Forgey
(Indiana Camp Supply Books, 1979)
- “Merit Badge Book: First Aid”
(BSA, 2005)
- “Mountaineering First Aid” Jan Carline, Martha Lentz, Steven Macdonald
(The Mountaineers Books, 2004)
- “Wilderness First Aid” William Forgey
(Falcon Guides / Globe Pequot Press, 2008)
- “Wilderness First Aid” Paul Gill
(Ragged Mountain Press, 2002)
- “Wilderness First Aid” Tod Schimelpfenig & Linda Lindsey
(Stackpole Books, 1991, 2000)

Survival-themed, with First Aid sections

- “Build The Perfect Survival Kit” John McCann
(kp books, 2005)
- “Keller’s Outdoor Survival Guide” William Keller
(Willow Creek Press, 2001)
- “National Geographic Complete Survival Manual” Michael Sweeney (& Kayal & Towner)
(National Geographic Society, 2008)
- “SAS Survival Handbook” John Wiseman
(Harper Collins, 2004)
- “Sports Afield: Survive!”
(Willow Creek Press, 2003)
- “Survival Is A Dying Art” Barry Davies and Phil Benyon
(BCB International, 1987)
- “How to Stay Alive in the Woods” Bradford Angier
(Fireside / Simon & Schuster, 1956, 1998)
- “Wilderness Survival” Gregory Davenport
(Stackpole Books, 1998)

Everyone should be able to spend an unplanned night out.

Stop Think Observe Plan Act

Rules of Threes (Build...Survival Kit, p.13)

You can live about 3 minutes: without air
 3 hours: without warmth (or proper temperature)
 3 days: without water
 3 weeks: without food

Top Ten Items When Going Afield

1. Shelter (includes clothing)
2. Water (container & purifying)
3. Fire making (more than 1 method)
4. Clothing (appropriate for environment)
5. Compass & Map
6. Rope
7. First Aid
8. Signaling (audible & visual)
9. Knife
10. Light



HUMOR



"Yep, I found him. The good news is he doesn't appear to have any fractures. ..."

LOOSE PARTS

DAVE BLAZEK



"You skipped Bandaging Techniques class, didn't you, Borkman?"

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SCOUTING AROUND

Merit Badge Minute

What You Need to Know to Continue Your Advancement ... in One Minute

ILLUSTRATIONS BY STEVE SANFORD

First Aid



Accidents happen. Sometimes the victim - it could be a stranger, it could be your best friend - might need you to take charge of the emergency scene.



1 Check The Scene. Assess all victims. Make sure there is no longer any danger in the area.



CALL 911!

I'M ON IT.

2 Call For Help. If there's a bystander, tell them to call 911, and tell them to report where you are and what has happened.

3 Approach Safely. Don't become a victim yourself. Figure out a safe way to approach the victim. Remove any dangers from the area if possible.

4 Provide Urgent Treatment. Make sure the person is breathing. Make sure the person is not severely bleeding.



5 Protect From Further Injury. Stabilize the victim's head and neck.

6 Treat For Shock. Restore breathing and circulation, control bleeding, treat wounds, monitor the victim and keep the victim warm.

7 Make A Thorough Examination. Medical professionals should be arriving any minute now. If their arrival is delayed, conduct a more thorough examination. Look for injuries that aren't immediately obvious.

8 Come Up With A Plan. Most likely, this will involve keeping the victim comfortable and waiting for help. Make sure the victim is warm and dry.



Basecamp

Survival: Field-Tested Tools

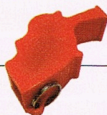
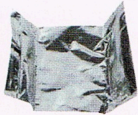



Drop Dead Ted tried dozens of signaling devices and methods for this story, but he still prefers the oldest trick in the book, smoke. "Build a hot fire, add green branches, and skin and skewer a squirrel—you have dinner, and you'll be visible for 20 miles."

Vital Signs

When you're lost or injured, you need a foolproof way to get your rescuers' attention. Ted's testing team tried more than 25 devices—here are their ratings of 9 top tools.



	Purpose-Built	Survival Stand-in	DIY
SOUND	<p>LOUDEST The Storm Safety Whistle (\$6; .7 oz.; stormwhistles.com) lives up to its billing as the "world's loudest." Our testing fave registered 107 decibels (comparable to a car horn) and the tone carried a third of a mile on a blustery day. Bonus: Weak puffs produce shrieks—a plus for injured hikers.</p>	<p>BEST BUY Cheap and light whistles like Fox 40's Classic Safety (\$4; .5 oz.; fox40world.com) are as loud as a power mower up close (103 db) and audible up to a quarter-mile. The pealess design works when waterlogged. Warning: Loud alerts require full lung capacity.</p> 	<p>HANDS ON A practiced talent can easily reach the upper-90-db range with a two-fingered wolf whistle. (The record is an air-horn-like 125 db.) Practice it: Tuck your lips over your teeth, insert two fingers into your mouth (angled inwards), position your tongue behind your lower teeth, and exhale sharply.</p>
REFLECTION	<p>FLASHIEST Coghlan's 3-by-2-inch glass mirror (\$12; 2.2 oz.; coghlan.com) flashed spotters from 2.5 miles away and survivalists say it's visible from 20 miles in good conditions. The glass is scratch resistant and the sight enables pinpoint aiming. Ounce counters: Try AMK's Sol Rescue Flash Mirror (\$10; .4 oz.; adventuremedicalkits.com).</p>	<p>BUZZ WORTHY Cell phone screens are reflective enough to shine a signal. Large screens work best, but even a broken clamshell alerted spotters from a mile and a half. Aiming is tricky (see below). Unscratched screens bounce light most effectively; use a screen protector, but peel it off when signaling.</p>	<p>LAST-DITCH No mirror? When buffed with a little spit, the shiny inside of a snack wrapper caught enough rays to alert spotters over a mile and a half away. Aiming is hard; pull the wrapper tight and wave it overhead like crazy. Repeat.</p> 
LIGHT	<p>BRIGHTEST Greatland Rescue's Laser Light (\$75-\$99; 2.3 oz; greatlandrescue.com) is a shotgun slug-size signaling bazooka. The beam sweeps a fan of light (easier to aim than a pinpoint) that caught spotters' eyes like lightning from 7 miles away in our tests (the manufacturer claims a 20-plus-mile range).</p> 	<p>MULTI-USE An ordinary 35-lumen LED headlamp outperformed a flare and survival strobe—with zero extra ounces or cost. Spotters saw an SOS clearly from two miles, and the strobe lit up a tester's position (in tree cover) from a mile. The diffuse beam blunts accuracy; go to a clearing for maximum reach. AAA-power averages 60 to 80 hours.</p>	<p>SURPRISE SUCCESS Brought your camera, but no light? A pop-up DSLR flash effectively signaled spotters from two miles. Triggering an SOS could be impossible, but three successive flashes followed by several minutes of darkness still signals an alert. Reserve for when rescuers are searching and you can spot them; flashing drains battery power.</p>