

Injury	First-Aid Supplies Needed	Wilderness First-Aid Treatment
1. Burns	<ul style="list-style-type: none"> • non-adhesive gauze • tape • water 	<p>3 C's (Clean, Cool, Cover)</p> <ul style="list-style-type: none"> • first degree: apply aloe vera and cover to protect from further burn • second degree: wash with lukewarm soapy water and avoid breaking of blister and apply thin antibiotic layer over burn and a non-stick sterile dressing • third degree: keep covered with non-stick sterile dressing • General: take lots of fluids to avoid shock and aspirin or ibuprofen for pain
2. Soft Tissue Injuries • Sprain: ankles, fingers	<ul style="list-style-type: none"> • Ice • Tensor • splint items • tape 	<p>R.I.C.E.</p> <ul style="list-style-type: none"> • Rest: stop or decrease use of injured part with the aid of splints, slings, wraps and periods of rest • Ice: Apply ice as soon as possible after the injury. Usually 20 minutes on, 20 minutes off. The ice constricts the blood vessels which decreases swelling and pain. • Compression: only take off compression of injured area when icing. At night loosen but don't remove. Compression means less bleeding and swelling thus less pain. • Elevation: Elevating the injured limb helps limit bleeding and minimizes swelling
3. Lacerations	<ul style="list-style-type: none"> • Feminine Pad • triangle band-aid • gauze pad • tape • ice • disinfectant 	<p>R.E.D. (Rest, elevate, direct pressure)</p> <ul style="list-style-type: none"> • protect yourself against victim with gloves • Expose wound • Place sterile gauze pad on wound with direct pressure • Add more dressings without removing blood soaked ones • Elevate wounded area over heart to reduce blood flow if bleeding persists • Have person rest to reduce blood pressure and blood flow
4. Broken Bones • leg • finger • wrist	<ul style="list-style-type: none"> • Ice • Tensor • splint items • tape • triangle band-aid • thermarest) 	<ul style="list-style-type: none"> • 1. Expose injury, 2. Check circulation , 3. Realign Deformity, 4. Splint <p>R.I.C.E.</p> <ul style="list-style-type: none"> • Rest: stop or decrease use of injured part with the aid of splints, slings, wraps and periods of rest • Ice: Apply ice as soon as possible after the injury. Usually 20 minutes on, 20 minutes off. The ice constricts the blood vessels which decreases swelling and pain. • Compression: only take off compression of injured area when icing. At night loosen but don't remove. Compression means less bleeding and swelling thus less pain. • Elevation: Elevating the injured limb helps limit bleeding and minimizes swelling
5. Separated Shoulder/Dislocated	<ul style="list-style-type: none"> • Ice • Tensor • splint items • tape • triangle band-aid 	<p>R.I.C.E.</p> <ul style="list-style-type: none"> • Rest: stop or decrease use of injured part with the aid of splints, slings, wraps and periods of rest • Ice: Apply ice as soon as possible after the injury. Usually 20 minutes on, 20 minutes off. The ice constricts the blood vessels which decreases swelling and pain. • Compression: only take off compression of injured area when icing. At night loosen but don't remove. Compression means less bleeding and swelling thus less pain. • Elevation: Elevating the injured limb helps limit bleeding and minimizes swelling with sling (2)
6. Shock	<ul style="list-style-type: none"> • blanket • pillow 	<ul style="list-style-type: none"> • Check ABC's • Control any Bleeding • Put victim in comfortable position with feet raised 24-30 centimeters • Keep victim sheltered and warm • Don't give food, water and electrolytes of due to dehydration • Evacuate as soon as possible
7. Heat Stroke (Heat Exhaustion)	<ul style="list-style-type: none"> • water • tarp • pillow 	<ul style="list-style-type: none"> • Remove victim from heat • Remove all victims clothes to speed up cooling • Rapid Cooling (sponge, sprinkle, immerse in water) • Have drink fluids and monitor victims temperature • Evacuate
8. Hypothermia	<ul style="list-style-type: none"> • dry clothes • tent • sleeping bag • fire • soup • rocks • towels • tarp 	<ul style="list-style-type: none"> • Make sure everyone else in group is kept out of danger (Shelter everyone) • Erect a shelter for victim to protect from wind, rain and cold • Stop further heat loss, get out of wet clothes and into a sleeping bag insulated from the ground • Radiant heat victim in groin, pits, alongside neck with hot water bottles, hot rocks wrapped in clothes, chemical packs and body to body • Be careful of after drop
9. Broken Back or neck	<ul style="list-style-type: none"> • 2 towels 	<ul style="list-style-type: none"> • Don't move the person except if they can't breath
10. ABC'S Priorities		<ul style="list-style-type: none"> • Airway: open airway abdominal compressions or readjustments • Breathing: Artificial respiration to help person to start breathing again • Circulation: CPR to help person heart to start beating again • We will leave these procedures for the PROS who are qualified
11. Blisters	<ul style="list-style-type: none"> • vasoline • soap • 2 socks • duct • tape 	<ul style="list-style-type: none"> • Unbroken Blisters: Clean with soap and water, puncture around the outside of the blister and squeeze out fluid, don't remove the roof and cover with non stick dressing and tape (don't remove tape until hot spot has healed) • Broken Blister: treat as above except you don't need to puncture blister, infection is the major problem here
12. Diabetes	<ul style="list-style-type: none"> • Candy, sugar 	<ul style="list-style-type: none"> • Check for medic alert , give sugar, wait 15 minutes test, give sugar if still low • Norms are 4-6 (Canada)