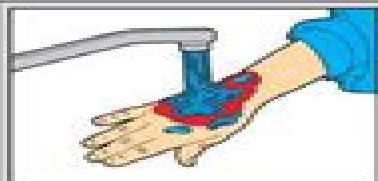


FIRST AID



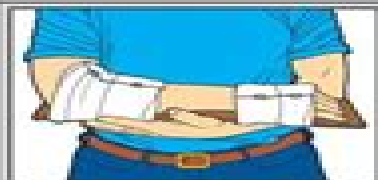
BLEEDING

- 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.



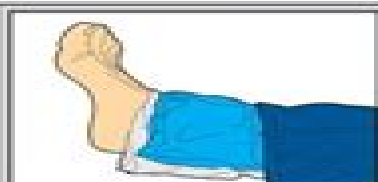
BURNS

- 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.



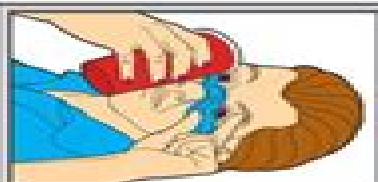
FRACTURES

- 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.



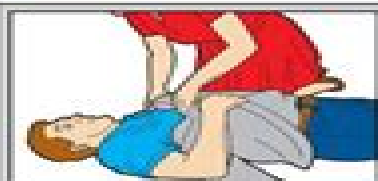
SPRAINS

- 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.



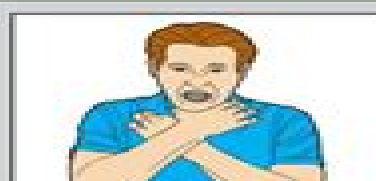
EYE INJURIES

- 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.



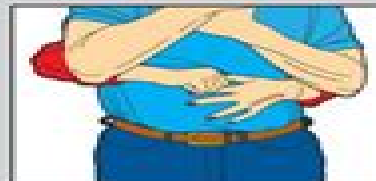
CHOKING

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

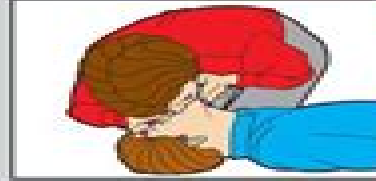
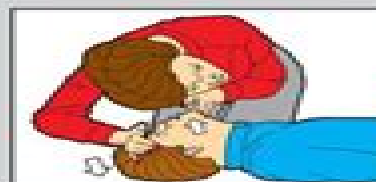
- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2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

David H. Manhoff



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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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

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

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Table of Contents Outdoor Emergency First Aid Manual

1. Understanding the eBook Outdoor Emergency First Aid Manual
 - The Rise of Digital Reading Outdoor Emergency First Aid Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Outdoor Emergency First Aid Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Outdoor Emergency First Aid Manual
 - User-Friendly Interface

4. Exploring eBook Recommendations from Outdoor Emergency First Aid Manual
 - Personalized Recommendations
 - Outdoor Emergency First Aid Manual User Reviews and Ratings
 - Outdoor Emergency First Aid Manual and Bestseller Lists
5. Accessing Outdoor Emergency First Aid Manual Free and Paid eBooks
 - Outdoor Emergency First Aid Manual Public Domain eBooks
 - Outdoor Emergency First Aid Manual eBook Subscription Services
 - Outdoor Emergency First Aid Manual Budget-Friendly Options
6. Navigating Outdoor Emergency First Aid Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Outdoor Emergency First Aid Manual Compatibility with Devices
 - Outdoor Emergency First Aid Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Outdoor Emergency First Aid Manual
 - Highlighting and Note-Taking Outdoor Emergency First Aid Manual
 - Interactive Elements Outdoor Emergency First Aid Manual
8. Staying Engaged with Outdoor Emergency First Aid Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Outdoor Emergency First Aid Manual
9. Balancing eBooks and Physical Books Outdoor Emergency First Aid Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Outdoor Emergency First Aid Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Outdoor Emergency First Aid Manual
 - Setting Reading Goals Outdoor Emergency First Aid Manual
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Outdoor Emergency First Aid Manual
 - Fact-Checking eBook Content of Outdoor Emergency First Aid Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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