

# Outdoor First Aid Basics

This playbook outlines the essential first aid steps for handling common injuries and emergencies during outdoor activities. It's a quick guide to manage situations until professional medical help can be reached.

## Step 1: **Assess Scene**

Ensure the safety of the scene for yourself and others. Check for any potential dangers such as fire, falling rocks, or threatening wildlife.

## Step 2: **Call for Help**

If the situation is beyond simple first aid, call emergency services immediately and provide them with your specific location and a description of the emergency.

## Step 3: **Wear PPE**

Put on any available personal protective equipment (PPE) such as gloves to reduce the risk of disease transmission.

## Step 4: **Consent**

Obtain consent from the injured person if they are conscious. For children, get consent from their guardian if present.

## Step 5: **Primary Assessment**

Conduct a primary assessment by checking the person's responsiveness, airway, breathing, and circulation (known as the ABCs).

## Step 6: **Control Bleeding**

If there's bleeding, apply direct pressure to the wound with a clean cloth or dressing to stop or slow down the flow of blood.

## Step 7: **Shock Management**

If there are signs of shock (pale skin, sweating, rapid pulse), lay the person down and elevate their legs, keeping them warm and comfortable.

## Step 8: **Immobilize Injury**

If there's a suspected fracture or sprain, immobilize the injured area with a splint or makeshift device to prevent further injury.

## Step 9: **CPR**

If the person is not breathing and has no pulse, perform CPR (cardiopulmonary resuscitation) if you're trained to do so.

## Step 10: **Treat Burns**

For burns, cool the area with water for at least 10 minutes. Never use ice, and do not pop blisters.

## Step 11: **Address Bites/Stings**

If bitten or stung, remove the stinger if visible and clean the area. Monitor for allergic reactions.

## Step 12: **Monitor Vital Signs**

Keep an eye on the person's vital signs like pulse, breathing rate, and responsiveness until help arrives.

## Step 13: **Record Information**

Document any care given and symptoms observed, along with the time of occurrence, to give accurate information to emergency responders.

# **General Notes**

## **Preparedness**

Always carry a well-stocked first aid kit and knowledge of the area to which you are traveling, including local emergency numbers.

## **Training**

Regular first aid training is recommended to effectively manage emergencies in outdoor settings.

## **Consent and Laws**

Be aware of local laws about offering assistance and obtaining consent, as these may vary by region and situation.

