

# Outdoor Survival First Aid

A guide to addressing common injuries and health issues that may arise during outdoor activities. It includes essential steps for providing first aid and ensuring safety in various situations encountered in the wilderness.

## Step 1: **Assessment**

Carefully assess the situation for safety. Check the scene for potential hazards, and ensure the area is safe for you to provide assistance to the injured person.

## Step 2: **Consciousness**

Determine if the injured person is conscious by asking them questions and gently tapping on their shoulder. If they are not responsive, call for help immediately.

## Step 3: **Call for Help**

If the situation is severe and beyond your first aid capabilities, call for emergency help at once or use a distress signal if you're in a remote area without phone service.

## Step 4: **CPR**

If the person is not breathing and has no pulse, perform CPR immediately. Continue CPR until help arrives or they start breathing.

## Step 5: **Bleeding Control**

If there's heavy bleeding, apply direct pressure to the wound with a clean cloth or bandage. Elevate the wound above the heart if possible to slow the bleeding.

## Step 6: **Immobilize Injury**

In case of fractures or sprains, immobilize the injured area. Use splints made from sticks and bandages or clothing to prevent movement.

## Step 7: **Treat for Shock**

If the person is pale, faint, or cold, they might be in shock. Have them lie down with their feet elevated, and cover them with a blanket to maintain body heat.

## Step 8: **Hydration**

If the person is conscious and not at risk of vomiting, encourage them to sip water slowly to prevent dehydration.

## Step 9: **Monitor Vitals**

Keep checking the injured person's vital signs such as breathing, pulse, and responsiveness. Monitor for changes in their condition.

## Step 10: **Evacuation**

If necessary, prepare to evacuate the injured person. If you are alone, use a stretcher or create a drag to move the person to a safer location.

# **General Notes**

## **Weather Conditions**

Be mindful of the weather conditions, as extreme temperatures can exacerbate injuries or medical conditions.

## **First Aid Kit**

Always bring a well-stocked first aid kit on outdoor trips equipped with supplies for common injuries and emergency situations.

## **Local Wildlife**

Be aware of local wildlife and the potential dangers they pose. Carry a guide or learn about the wildlife in the area before embarking on your trip.

## **Knowledge**

Gain basic knowledge of first aid procedures and practices through courses or certified training prior to engaging in outdoor activities.

## **Communication**

Establish a communication plan before the trip, including check-ins and emergency contact numbers.