SURVIVAL TO ARRIVAL!
FIRST-AID FOR THE HOME AND AWAY DURING A DISASTER/EMERGENCY

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HOUSEKEEPING & INTRODUCTIONS

HOUSEKEEPING:

• PHONES
• RESTROOMS
• EVACUATION ROUTE
• QUESTIONS
• ASSIGN GROUP #'S
OBJECTIVES

- Understand the importance of preparedness prior to a disaster.
- Understand the components of a first-aid kit and be able to assemble one for home, work, school, and/or vacation.
- Utilize household items to provide care for self and others in a disaster.
- Utilize items found in wilderness to provide care for self and others in a disaster.

NOTHING CAN REPLACE GOOD PREPAREDNESS!

GET A KIT
MAKE A PLAN
BE PREPARED
EMERGENCIES/DISASTERS STRIKE!
WHEN/WHERE MIGHT YOU BE CAUGHT WITHOUT PROPER TREATMENT TOOLS?

- Recreation (camping, out of town sports, water leisure, ATVs...)
- Work in remote locations
- Urban areas with overwhelmed EMS systems
- Remote communities
- Service work in developing countries
- Vacation (at home or abroad)
- Anywhere else? Any other time?

BLEEDING AND WOUND CARE
TOOLS YOU CAN USE

• DIAPERS
• TAMPONS
• SANITARY PADS
• TOWELS
• BEDDING
• CLOTHING
• DUCT TAPE
• SUPER GLUE
• GARBAGE BAGS
• POPSICLE STICKS

WHAT YOU CAN DO

• PROTECT YOURSELF
• WASH WOUND WITH CLEAN WATER
• REMOVE ANY DEBRIS (AS BEST YOU CAN)
• PLACE A STERILE/CLEAN DRESSING OVER THE WOUND
• APPLY DIRECT PRESSURE, STEADY, FIRM (WITH CLEAN CLOTH/BANDAGE)
• IF POSSIBLE, ELEVATE LIMB ABOVE THE PATIENT’S HEART
• UTILIZE PRESSURE POINTS
• SECURE BANDAGES IN PLACE
• RECHECK REGULARLY
VIEW THE ALTERNATIVES: BANDAGING A WOUND

Tampons for nose bleed

Super Glue Closer of Wound

Diaper as Bandage

Sanitary Pad as Bandage

Duct Tape Secures Bandage

Clothing as Bandage

SPRAINS AND STRAINS: WHAT’S THE DIFFERENCE?

• SPRAIN:
  • INJURY TO A LIGAMENT.

• STRAIN:
  • INJURY OF EITHER A MUSCLE OR TENDON.

• PAIN
  • MUSCLE SPASMS
  • MUSCLE WEAKNESS
  • LOCALIZED SWELLING
  • CRAMPING
  • INFLAMMATION
  • LOSS OF MUSCLE FUNCTION
TOOLS YOU CAN USE

• FROZEN VEGETABLES
• DISH SOAP
• ZIP-CLOSE PLASTIC BAGS
• DUCT TAPE
• PILLOWS
• MAGAZINES
• RULER

WHAT YOU CAN DO: RICE THERAPY

• R = REST
• I = ICE
• C = COMPRESSION
• E = ELEVATION
VIEW THE ALTERNATIVES: SPLINTING A SPRAIN/STRAIN

Ruler/Board Inforce Splint
Towel as Padded Splinting
Magazine as Splint

FRACTURES

Main & most Common Types of Fractures

- Open (compound)
  OR
  Out of Skin
- Greenstick
  OR
  Hairline
- Comminuted
- Transverse
TOOLS YOU CAN USE

• DUCT TAPE
• RULER
• SCARF
• BELT
• BANDANA
• NECK TIE
• BEDDING
• CLOTHING
• TOWELS (BATH/KITCHEN)
• LUMBER/STICKS/BRANCHES
• BROOM/MOP HANDLES
• LEAFY VEGETATION
• DIAPERS
• SANITARY PADS

WHAT YOU CAN DO: PREPARE FOR SPLINTING

• REASSURE THE PATIENT
• LOOSEN TIGHT OR BINDING CLOTHING
• REMOVE ALL JEWELRY FROM AFFECTED LIMB
• (PLACE IN PATIENT’S POCKET)
• GET SPLINTING MATERIALS
• GET PADDING MATERIALS
• GET TIE MATERIALS
WHAT YOU CAN DO: SPLINTING

• MEASURE AND PREPARE YOUR SPLINT
• PAD YOUR SPLINT
• CHECK CIRCULATION, MOVEMENT AND SENSATION BEFORE APPLYING THE SPLINT.
• CHECK SKIN COLOR AND TEMPERATURE
• APPLY THE SPLINT
• TIE SPLINT IN PLACE
• CHECK SPLINT TIGHTNESS
• RE-CHECK CIRCULATION, MOVEMENT, AND SENSATION
• APPLY A SLING (IF APPROPRIATE- ARM INJURY)
• APPLY SWATHE (IF APPROPRIATE- ARM INJURY)

VIEW THE ALTERNATIVES: SPLINTING A FRACTURE - LEG
VIEW THE ALTERNATIVES: SPLINTING A FRACTURE - LEG

VIEW THE ALTERNATIVES: SPLINTING A FRACTURE - ARM
BURNS

• PLASTIC WRAP
• CLEAN CLOTHS
• CLEAN PLASTIC BAGS
• SANDWICH/FREEZER BAGS
• CLEAN COOL WATER
WHAT YOU CAN DO

• RINSE AND COOL IMMEDIATELY WITH COOL CLEAN WATER
• DO NOT OPEN BLISTERS
• IF BLISTERS BREAK:
  • CLEAN
  • COVER WITH CLEAN/STERILE DRESSING
  • CHANGE DRESSING DAILY

VIEW THE ALTERNATIVES: BURN CARE
IMPALED OBJECTS

TOOLS YOU CAN USE

- PLASTIC CUPS
- TOWELS
- CLOTHING
- BEDDING
- DUCT TAPE
- DIAPERS
- SANITARY PADS
WHAT YOU CAN DO

• IRRIGATE WOUND
• DEBRIS (TO THE BEST OF YOUR ABILITY)
• STABILIZE OBJECT
• DO NOT REMOVE OBJECT
• CHECK CIRCULATION, MOVEMENT, AND SENSATION IN LIMB (BEFORE/AFTER).
• IF IN/NEAR ONE EYE COVER OTHER EYE TO AVOID MOVEMENT.

VIEW THE ALTERNATIVES: IMPALED OBJECT STABILIZATION

Impaled Object in the Eye

Manually stabilize object in place.

Use bulky dressings and bandage to stabilize.
DISLOCATIONS (SHOULDER, KNEE, FINGER)

Shoulder Knee Finger

TOOLS YOU CAN USE

- TOWELS (BATH/KITCHEN)
- CLOTHING
- BEDDING
- ROCKS
- CANNED FOOD
- MILK JUG
- DUCT TAPE
- DIAPERS
- SANITARY PADS
### WHAT YOU CAN DO: RECOGNIZE THE SIGNS

**SHOULDER:**
- Patient will often be in extreme pain.
- Upper arm is held away from the body.
- Patient is unable to touch uninjured shoulder with the hand of the injured side.
- Compare the injured shoulder to the one that is uninjured.

**PATHELLA (KNEECAP):**
- The patella (kneecap) has moved to the outside of the knee joint.
- The patient is in a great deal of pain.
- Compare the injured knee to the other.

**FINGER:**
- Deformity and/or the inability to use or bend the finger.
- Pain and swelling in the damaged area.
- Abnormal positioning.

### WHAT YOU CAN DO: REDUCTION-SHOULDER

- Hang the injured arm off the side of a high surface (ex. table).
- Cushion the surface to be as comfortable as possible.
- Attach weight to the patient’s lower arm (rocks wrapped in a towel, canned food…anything to add weight).
- Allow the muscles time to stretch and tire. This will allow the joint to “pop” back into place.
- Stabilize the arm.
WHAT YOU CAN DO: REDUCTION-KNEE

• STRAIGHTEN THE KNEE SLOWLY WHILE GENTLY PUSHING THE KNEECAP BACK INTO POSITION.
• STABILIZE THE LEG IN THE STRAIGHT POSITION.
• ONCE THE KNEE IS BACK IN PLACE, EXTENDED AND STABILIZED, THE PATIENT MAY BE ABLE TO WALK WITH AN AID.

WHAT YOU CAN DO: REDUCTION-FINGER

• HOLD THE END OF THE FINGER (PALM SIDE) IN ONE HAND AND THE REST OF THE FINGER IN THE OTHER HAND.
• GENTLY HYPEREXTEND THE DISLOCATED JOINT.
• PULL WITH GENTLE TRACTION.
• ONCE EXTENDED PAST THE DISLOCATION, PUSH THE DISLOCATED BONE INTO PLACE.
• UNBEND THE FINGER.
• BUDDY-TAPE THE WOUNDED FINGER TO THE ONE NEXT TO IT.
• SPLINT AS APPROPRIATE.
VIEW THE ALTERNATIVES: DISLOCATION REDUCTION

Shoulder Reduction  Knee Reduction  Finger Reduction

THIS IS THE REAL LIFE...
QUESTIONS?

RESOURCES AND REFERENCES

- Advanced Wilderness Life Support (AWLS), COURSE MANUEL, WILDERNESS MEDICAL SOCIETY (WMS).
- Basic First Aid for Medical Emergencies, Business and Legal Resources (BLR).
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- Wilderness First Aid, Nick Loy.
- 10 Household Items That Could Save Your Life, AMI Americorps Superstar.
- 10 Household Items That Have First Aid Uses, Bernie Carr, Apartment Prepper.
- 20 Household Items That Double as Emergency First Aid, Before It’s News.
PHOTO CREDITS (IN ORDER OF APPEARANCE)

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