

WOOD DISTRICT



ERIE SHORES COUNCIL

TREAT INJURIES USING THE ABC'S

Open Airway Check Breathing Check Circulation
Stop bleeding & Start CPR if necessary

ARE YOU GETTING ENOUGH WATER?

- Drink water even when you don't feel thirsty; by the time you feel thirsty your body has lost between 2 and 5 cups of water!
- A handy way to check if you are drinking enough water; pinch the back of your hand while resting it on a flat surface. When you release the pinch, the skin should snap back into place. If it is slow in doing this, you are probably dehydrated.
- Another simple way to check that you are drinking enough fluid is to check the color of your urine. The more transparent it is, the more hydrated you are.



Plan Ahead, Travel on Durable Ground, Dispose of Waste Properly, Leave What You Find, Minimize Fires, Respect Wildlife, Be Considerate of Others

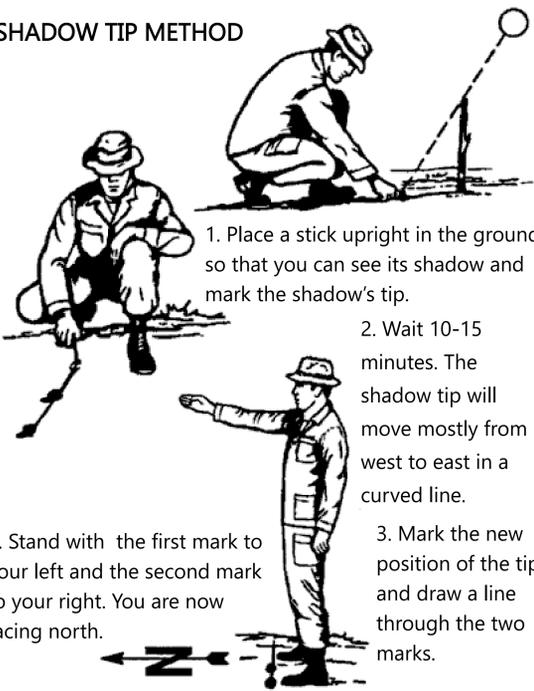
FIRST AID FOR STINGING INSECTS

If a stinger is left behind, carefully remove by gently scraping skin with knife blade, card edge or finger nail. **Do Not** squeeze with tweezers. Wash area with soap and water. Do not break blisters. If localized swelling or itching develops at the sting site which is not relieved or prevented typical measures, an over-the-counter antihistamine such as Benadryl may be taken as directed on the package.

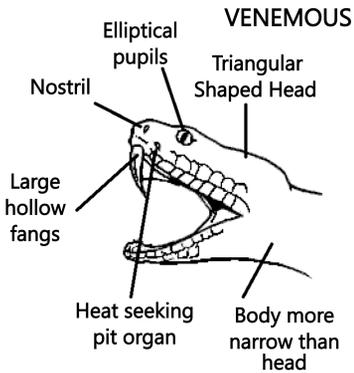
If the victim has a history of severe allergic reactions to insect stings, or shows signs of a severe allergic reaction:

- Evacuate to a treatment facility as quickly as possible.
- If the victim responds and has an epinephrine pen, help the victim get it so that they can use it.

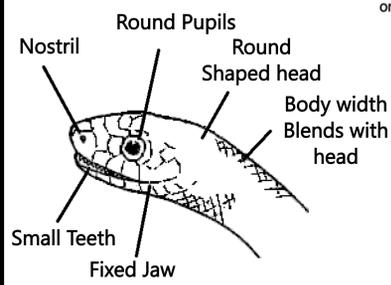
SHADOW TIP METHOD



1. Place a stick upright in the ground so that you can see its shadow and mark the shadow's tip.
2. Wait 10-15 minutes. The shadow tip will move mostly from west to east in a curved line.
3. Mark the new position of the tip and draw a line through the two marks.
4. Stand with the first mark to your left and the second mark to your right. You are now facing north.



NON-VENEMOUS



- If someone is struck by a poisonous snake, get to a medical facility as soon as possible for antivenin. **Do Not** use the old "cut and suck" method!
- For the hike out, immobilize the bitten extremity. If possible carry the victim to the trailhead. It may take 2 hours or longer for the symptoms of envenomation to take effect. Watch for signs of shock (heavy breathing, clammy skin, shallow breathing). Fear is often more dangerous than the bite!
- If more than a day from the trailhead. The only field treatment recommended is the Sawyer Extractor, If applied within 5 minutes.

KEY TO SURVIVAL — S.T.O.P.

STOP! SIT! STAY! Let the panic pass.

THINK! Make an inventory of all available resources you have on your person. Scout a safe camping site, water supply, food, fuel, clothing. Check yourself and others for injuries.

OBSERVE! Your surroundings, the weather, time of day, and identify north.

PLAN! Your actions based on these threats: wind, weather, water, warmth. Make a shelter. Anything that protects you from the elements counts. Secure shelter first so you're prepared to take cover if condition deteriorate. Small spaces are better to conserve body warmth.

HEAT PROBLEMS

- HEAT CRAMPS • HEAT EXHAUSTION • HEAT STROKE

There can be gradual progression from one to another.

Heat problems may be caused by:

- A salt or water intake that is inadequate to make up for that which is lost by sweating and/or;
- From loss of the body's ability to regulate temperature properly due to medications, dehydration, and over-exertion in extremely hot and/or humid weather.

TO PREVENT HEAT RELATED PROBLEMS:

- During warm or hot weather, water should be drunk regularly, every 20 or 30 minutes.
- With strenuous exercise at least 1 quart of water should be consumed each hour.
- During mealtime, generous salting of food may be helpful. However, persons with high blood pressure should check with their doctors before adding additional salt to food.

TREATMENT:

- Complete rest in a cool place.
- Drink large volumes of water with generous salting of food
- Remove victim to cool shady area.
- Loosen or remove clothing and boots.
- **If heat stroke is suspected** cool the victim by fanning and, if necessary, applying wet, cool compresses to the skin and take measures to prevent shock get medical attention as quickly as possible.

WHAT TO DO FOR HYPOTHERMIA

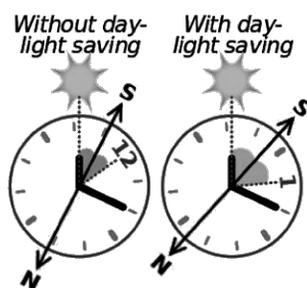
- CALL 9-1-1 or the local emergency number.
- Gently move the person to a warm place.
- Monitor breathing and circulation and give rescue breathing and CPR if needed.
- Remove any wet clothing and dry the person.
- Warm the person *slowly* by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. *Do not* warm the person too quickly, such as by immersing him or her in warm water. Rapid warming may cause dangerous heart arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet) to prevent shock.

ORIENT YOURSELF DAY OR NIGHT

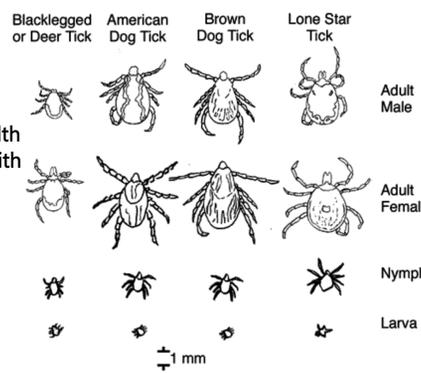
WATCH METHOD FOR NORTHERN HEMISPHERE

Use your watch if you don't have a compass

1. Point the hour hand at the sun.
2. Halfway between the hour hand and 12 will point south.



Find the **BIG DIPPER** and draw a line from the end of the bucket and it will point to the **NORTH STAR**.



TICK BITES

- Grab the tick by its mouth or head as close to the skin as possible with tweezers or a tick-removing device. Try to avoid pinching the tick.
- Lift the tick straight out without twisting or squeezing its body. Lift the tick until the victim's skin tents and continue to pull gently until the tick lets go.
- Clean the bite area with an alcohol pad, and alcohol-based hand cleaner, or soap and water if available.
- See a health care provider if you are in an area where tick borne diseases (such as Lyme disease) occur or if signs of infection occur. If possible, place the tick in a plastic bag and give it to the health-care provider.

CAUTION—WHEN TRYING TO REMOVE A TICK:

DO NOT use petroleum jelly, **DO NOT** touch the tick with your bare hands, **DO NOT** use fingernail polish, **DO NOT** use rubbing alcohol, **DO NOT** use a hot match, **DO NOT** use gasoline, **DO NOT** twist or jerk the tick.

FROSTBITE

SIGNS AND SYMPTOMS OF FROSTBITE:

- White skin • Very cold skin • Hard skin • Loss of feeling in area.

TREATMENT:

- Cover possible frostbitten part with warm hand or woolen material.
- Have victim hold hand in armpit, if fingers or hand involved.
- Take victim indoors to warm sheltered spot as quickly as possible.
- Remove wet clothing and replace with dry if possible.
- Rapidly re-warm frostbitten part in warm water (water in which you may comfortably place your own hand). The temperature of the water should be between 100°F and 105°F if thermometer is available. Dry heat is acceptable if the frostbitten part is not too close to the heat source. Wrap frostbitten part in blankets if warm water is not available.
- Encourage victim to exercise fingers and toes, when part is warmed.
- Give a warm, nonalcoholic drink if possible.
- Do not rub with ice or snow.
- **DO NOT USE HOT WATER, HOT WATER BOTTLES OR HEAT LAMPS.**
- Elevate the extremity above heart level to reduce swelling. Transport to a medical treatment facility as quickly as possible for further care.
- **DO NOT BREAK BLISTERS.**
- **DO NOT APPLY OINTMENTS.**
- **DO NOT APPLY PRESSURE DRESSINGS.**

SPRAINS AND STRAINS

- Treat sprains and strains as fractures if there is any doubt.
- Place the injured person at rest.
- Elevate the injured body part if doing so does not cause the victim more pain.
- Apply cold compresses or ice packs until medical help is available. Do not apply ice or cold packs directly to the skin. Place a towel or cloth between the cold source and the skin.
- Do not apply heat to the injured part for at least 24 hours.

SYMPTOMS OF HYPOTHERMIA

As your body temperature drops, signs and symptoms of moderate to severe hypothermia include:

- Shivering, although as hypothermia worsens, shivering stops.
- Clumsiness or lack of coordination.
- Slurred speech or mumbling.
- Confusion and poor decision-making, such as trying to remove warm clothes.
- Drowsiness or very low energy.

HOW TO SIGNAL FOR A WILDERNESS RESCUE

PLAN YOUR SIGNAL LOCATION

To build a signal to mark your location choose a wide, open area and the highest area in your surroundings.

SIGNAL IN THREES

Once you have found the best location for a visual signal, repeat the signal three times in the shape of a triangle. Communicating a signal three times in the shape of a triangle is an internationally understood distress signal. Build three fires in the shape of a triangle, or build with stones three gigantic triangles, or build three rock and debris piles in the shape of a triangle to signal your presence.

SIGNAL FIRES AND SMOKE

A fire is best at night, as the bright flame will attract search parties. The smoke from fires can attract rescuers during the day. Build a signal fire as you would build a campfire, with fire rings to enclose any fire you start in a wilderness area to prevent endangering yourself or starting a fire that burns out of control. Create three smoke fires during the day by first building a strong fire; add live vegetation, green moss, grasses, or even water to the fire to create smoke.

SIGNAL TO AIRCRAFT

On a sunny day, you can further attract attention with objects that reflect the sun's light, such as a rescue mirror. Once you have attracted the attention of rescue aircraft, stand upright with your arms overhead in the shape of a Y to indicate--yes--you need to be rescued. If you are unable to stand up, signal with your arms overhead in a Y position while you lie on the ground.