

Source:

## 1 | **diff between normal first aid and wilderness first aid**

### 1.1 | **when you are 2 hours away from a hospital**

#### 1.1.1 | **either far or will take a while to get there**

## 2 | **requires**

### 2.1 | **improv**

### 2.2 | **thinking on the fly**

### 2.3 | **treating without 100% diagnosis**

### 2.4 | **think about what body systems are being impacted**

## 3 | **body systems**

### 3.1 | **respiratory system**

#### 3.1.1 | **nose, mouth, airway, lungs, diaphragm**

#### 3.1.2 | **things that could go wrong**

1. liquid in the lungs
2. puncture to the lungs (rib or external)
3. choking on something or anything that blocks your airway
4. allergies and asthma - anaphalaxis

### 3.2 | **cardiovascular system**

#### 3.2.1 | **heart, vessels**

#### 3.2.2 | **things that could go wrong**

1. bleeding
  - (a) some blood vessels are important (corodal, femeral arteries)
2. heart damage
3. blood clot / swelling
4. infection

### 3.3 | **musculoskeletal system**

#### 3.3.1 | **things that could go wrong**

1. sprain, strain, twisted ankle, jammed finger
2. break

### 3.4 | **these other ones aren't going to be focused on as much**

#### 3.4.1 | **integumentary system**

#### 3.4.2 | **nervous system**

#### 3.4.3 | **digestive system**

#### 3.4.4 | **urinary system**

#### 3.4.5 | **reproductive system**

#### 3.4.6 | **endocrine system**

#### 3.4.7 | **lymphatic/immune system**

## 4 | **patient assessment**

### 4.1 | **scene safety and sizeup**

#### 4.1.1 | **is this a safe situation for you to go into?**

#### 4.1.2 | **if you get hurt or sick, then you become a second patient**

#### 4.1.3 | **unsafe things like**

1. a rock falling, bees, a cliff, etc

#### 4.1.4 | **personal protective equipment**

1. gloves? goggles?

### 4.2 | **ABCs (to address urgent issues)**

#### 4.2.1 | **Airway**

1. problems
  - (a) obstructed?
  - (b) damage to the lungs?
2. ways to see (bad)

- (a) choking
- (b) coughing
- (c) wheezing
- (d) swelling

3. ways to see (good)

- (a) speaking / screaming (their airway is clear)
- (b) chest rise / fall (esp if laying down)
- (c) **pay attention to if this stops happening**

#### 4.2.2 | **Breathing**

1. problems

- (a) quality of breath (hyperventilation bad)
- (b) a tightening sound may indicate constriction of airway

#### 4.2.3 | **Circulation**

1. problems

- (a) puncture wounds or losing blood

#### 4.2.4 | **Is there anything that will be a threat in five minutes?**

### 5 | **this vs that?**

#### 5.1 | **break vs muscle strain**

##### 5.1.1 | **is it stable or not? can you walk on it / can you get yourself out?**

##### 5.2 | **a closed break is not so bad but an open break is very bad**