

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

2. look for

- (a) pulse
  - i. close pulses will be stronger, so a strong radial (wrist) pulse is good

#### 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