

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 - anaphylaxis

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 (coronary, femoral arteries)
2. heart damage
3. blood clot / swelling
4. infection

- 3.3 | **integumentary system**
- 3.4 | **muscular system**
- 3.5 | **skeletal system**
- 3.6 | **nervous system**
- 3.7 | **digestive system**
- 3.8 | **urinary system**
- 3.9 | **reproductive system**
- 3.10 | **endocrine system**
- 3.11 | **lymphatic/immune system**