

Under the New Yerba Buena Lodge!

FIRST AID

With Nick Monaghan and Steven Parnell





WHAT WE COVER:



DO'S AND DON'TS

DO! Check each other constantly

DO! Help Each other

DO! Bring Adequate Clothing

DO! Bring Energy bars

DO! Tell someone if not feeling well

DO! Have Adequate Shelter

DON'T! Use HOT Liquids to warm up

DON'T! Rub potential Flesh Conditions

DON'T! Ignore Symptoms

DON'T! Jump in Freezing Water

DON'T! Stick your tongue to a metal pole

DON'T! Ignore the Cold!!!





HYPOTHERMIA

- Cause: **Core Temperature** *Below* Normal
 - Inadequate Clothing
 - Inadequate Shelter
 - Long Exposure to Wind, Dampness, or Cool Temperature
 - Evaporative Cooling (Sweat)
 - Inadequate Energy Supply (Food, Fluid)



SIGNS & SYMPTOMS

- Shivering
- Cold Complaints
- Difficulty Speaking
- Fatigue
- Slow Pulse and Respiration
- Poor Motor Control (Stumbling)



PREVENTION



- Adequate Clothing
- Steady intake of water and food
 - (Bring power bars)
- Limited exposure to extreme climate



TREATMENT

- Remove Victim From Cold
- Provide Warm Drink and Snack
- Remove Wet Clothing
- Warm Victim without Rubbing or Hot Materials (no boiling Water)





TRENCH FOOT

- Cause: Exposure to Moist Environments
 - Environment is generally Just above Freezing
 - Exposure is prolonged (24-48 Hours)



SIGNS & SYMPTOMS

- Numb Feet or Toes
- Wooden, Stiff Feeling in Feet
- Cold & Gray Flesh
- Pain... so much pain...



PREVENTION



- Constantly Replace Socks
- USE WOOL SOCKS
- Dry Feet Constantly
- Layer Socks



TREATMENT

- Replace Socks
- Warm Feet with Warm Water Bottle
- Dry Feet
- DO NOT PUT A HAND WARMER IN YOUR SHOE





FROSTBITE

- Cause: Freezing of an Extremity
 - Long Exposure to sub-zero Temperature
 - Prolonged Contact with freezing objects
 - Restricted Circulation



SIGNS & SYMPTOMS

- Yellow or Gray Tint to Skin
- Cold, Hard Skin
- Pain or Numbness in area
- *Black Coloration*



PREVENTION



- Proper Clothing and Footwear
- Exercise for Circulation
- Layer Socks



TREATMENT

- Thaw Area if in non-extreme environment
- Do not pop Blisters
- NO RUBBING OR MASSAGING**
- Get Victim inside and to Medical Facility



FROSTNIP

- Cause: Flash Freezing of Extremity
 - Contact with Freezing Metal
 - Contact with Freezing Liquid



SIGNS & SYMPTOMS

- Extremity Stuck to Object
- Gray&White Area
- Painnnnnnn
- Skin Damage





PREVENTION



- Don't stick tongue to metal pole
- Don't put hand in liquid nitrogen
- Wear Gloves or adequate clothing
- Handle Fuel bottles or metal with care



TREATMENT

- Remove Victim From Cold
- Warm Area with other Bare Skin
- Use Sleeping Bag
- Provide Warm Water Bottle For feet



ALTITUDE SICKNESS

- Cause: Inability to acclimate to new altitude
 - (usually starts at 5,000 feet)
 - Shortage of Oxygen supply in air due to lack of air density



SIGNS & SYMPTOMS

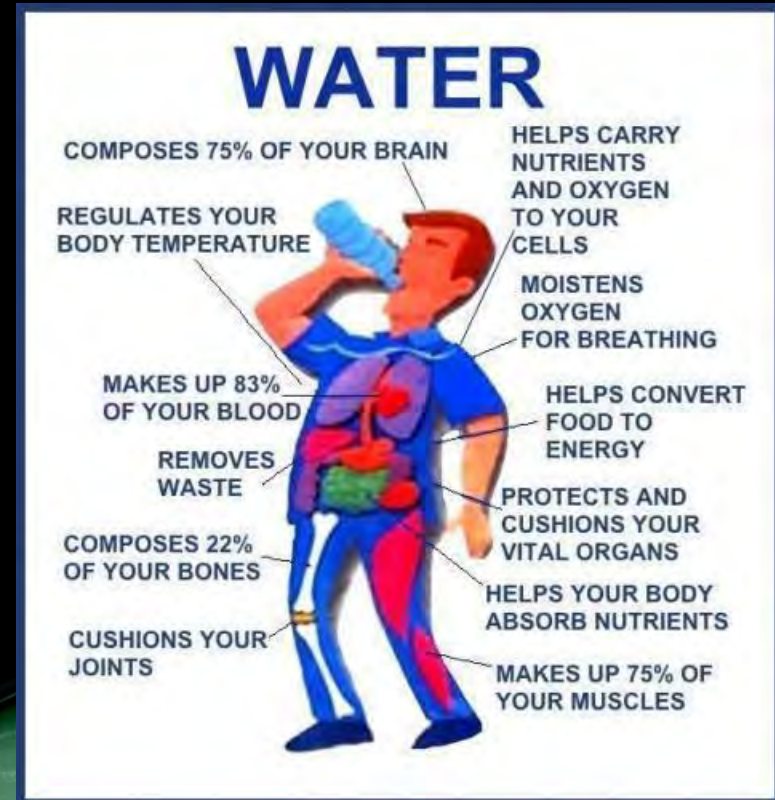
- Headache
- Lack of Appetite
- Nausea
- Vomiting
- Fatigue
- Weakness
- Dizziness
- Nose Bleed
- Diarrhea



PREVENTION



- Climb in Altitude **SLOWLY**
- Hydrate Regularly



TREATMENT

- Descend Slowly
- Drink Water
- Rest for a while even if sickness lessens



SNOW BLINDNESS

- Cause: Exposure of eyes to Sun
- Can be Direct or indirect (Reflection off of Sand, Snow, or Water)



SIGNS & SYMPTOMS

- Gritty Feeling in Eyes
- Redness
- Swelling
- Inability to open eyes
- Sensitivity to Light
- Headache





PREVENTION



Eye Protection!!!!



TREATMENT

- Remove from Direct Light
- Cool Compress on Eyes
- NO EYE DROPS



SUN/WIND BURN

- Cause: Direct Exposure to Sun or Wind for a long time (depending to skin pigment)



SIGNS & SYMPTOMS

- Burning Feeling
- Blisters
- Chapped/Irritated Skin or Lips
- Reddening of Skin



PREVENTION



Sun Block or
Wind Breaker

Chap Stick



TREATMENT

- Apply Aloe Vera AFTER 24 Hours
- Reapply Sun block
- Limit Exposure
- DO NOT POP BLISTERS



DEHYDRATION

- Cause: Lack of Fluid in Body
 - Lack of Fluid Intake
 - Excessive Sweating



SIGNS & SYMPTOMS

- Headache
- Disorientation
- Nausea
- Fatigue
- No Urination



PREVENTION



- Drink Fluids
- DO NOT JUST DRINK WATER; Drink fluids with electrolytes
 - Lack of Electrolytes = no Urination
 - Can lead to Cell Damage
 - Use a half water-half Gatorade mix





TREATMENT

- Drink Small Amounts of Water Frequently
- Increase amounts until victim needs to urinate

CARBON MONOXIDE POISONING

- Cause: Inhalation of Carbon Monoxide
- Fuel Burning in an Unventilated Structure



SIGNS & SYMPTOMS

- Blue tint on Lips
- Blue Tint under Nails
- Cherry Red Face
- Lack of Breathing
- Death



PREVENTION



- Ventilate All structure with stoves/fuel burners

NO STOVES IN TENTS



TREATMENT

- Remove Device From Shelter
- Get Fresh Air
- Rescue Breathing May be Needed
- GET TO HOSPITAL NOW



