

FIRST AID



- ✓ Emergency Action Steps
- ✓ First Aid Kits
- ✓ First Aid Treatments

In following Jesus' example, many times we must meet the physical and medical needs of people before we can share the message of Jesus Christ with them.

*"I am sure of this, that He who started a good work in you will carry it on to completion until the day of Christ Jesus."
(Philippians 1:6)*

Emergency Action Steps

When responding to emergency situations, always follow the three emergency action steps. Using these steps can help to minimize confusion and lessen the chance of others becoming injured.

Check the scene to make sure that it is safe to approach.

- Is it safe to approach?
- What happened?
- How many persons are involved?
- Is there an immediate danger?
- Can others help respond?

If it is safe to approach, **check** each person that is ill or injured. Be sure to obtain consent from the individual before providing care. If you suspect something is wrong, ask questions that will help you determine if they are ill or injured. Some times people deny anything is seriously wrong with them and avoid medical attention.

Call 9-1-1 or the local emergency number. This call will activate the emergency medical system. Every minute is important in serious medical emergencies.

Care for the ill or injured person. When providing care for the person, strive to "Do No Further Harm" to the individual. Pray for God's intervention.

First Aid Kits

A first aid kit is a necessity for each group. Having the proper first aid items is as important as knowing how to treat injuries. While many commercially produced first-aid kits are readily available, assembling a kit from scratch is an excellent training exercise. There is not an exact list of components for a first-aid kit. Your groups's activities might dictate a list different from another group's activities. For example, a kit prepared for a campout in a remote national park might contain more items than a kit for an afternoon hike.

Group First Aid Kit

Leaders should carefully watch the shelf life of the components of your first-aid kit. Items are stamped with the date they expire. Many items will have to be replaced yearly. Be sure to check and restock the first-aid kit as a part of trip planning.



A variety of containers from metal boxes to cloth bags can be used to hold first aid supplies. The container should be sturdy and well marked. Each person in the group should know where the kit is located.

The following items can be used in a group first aid kit:

- A roll or two of one-inch or wider gauze bandage.
- Two to four-inch gauze pads for larger wounds.
- One or two inch adhesive tape.
- Adhesive bandages (such as Band-aids®).
- A triangular bandage or bandana.
- Elastic-roller bandage (Ace wrap®).
- Waterproof matches, needle, scissors, safety pins, and tweezers.
- Cotton balls and Q-tips®.
- Antiseptic soap or antiseptic towelettes.
- Antiseptic solution or cream.
- Pain relievers such as aspirin, ibuprofen, or acetaminophen.
- Benadryl® or other antihistamine.
- Hydrocortisone cream and calamine lotion.
- Triple antibiotic cream.
- Upset stomach medication.
- Anti-diarrheal medication.
- Moleskin.
- Bite sticks for insect bites and stings.
- Latex gloves.
- Duct tape.
- Accident report form, small notebook and pencil.

Important: Before giving or applying any first aid medication, check with the injured person for any allergies.

Additional items for a wilderness outing:

- CPR life mask shield.
- Hot packs and cold packs.
- Space blanket.
- Sam splint®.
- Ammonia inhalants.
- Hypothermia thermometer.
- Water purification-iodine, chlorine bleach, or halazone tablets.

Personal First-Aid Kit

Campers should carry a personal first-aid kit. Personal kits might include the following:

- Personal medications.
- Bandages.
- Adhesive tape.
- Roll of gauze bandage.
- Moleskin.
- Pain reliever (aspirin, ibuprofen, or acetaminophen)
- Antiseptic towelettes.
- Triple antibiotic cream.



“Jesus took up the question and said: ‘A man was going down from Jerusalem to Jericho and fell into the hands of robbers. They stripped him, beat him up, and fled, leaving him half dead. A priest happened to be going down that road. When he saw him, he passed by on the other side. In the same way, a Levite, when he arrived at the place and saw him, passed by on the other side. But a Samaritan on his journey came up to him, and when he saw the man, he had compassion. He went over to him and bandaged his wounds, pouring on oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, “Take care of him. When I come back I’ll reimburse you for whatever extra you spend.” Which of these three do you think proved to be a neighbor to the man who fell into the hands of the robbers?’ ‘The one who showed mercy to him,’ he said. Then Jesus told him, ‘Go and do the same.’” (Luke 10:30-37)

- Notes -

*"They will look at the one they pierced."
(John 19:37)*

A wound heals, but the scar remains. Christ heals our wounds but the scars remain as a testimony.

A splinter causes pain and can become infected if not removed. Sin can be compared to a splinter in that it causes pain and infects our life if not treated. To remove sins from your life, confess them to Christ and ask for His healing.

First Aid Treatments

The information in this section is intended to be used as a general guide for commonly accepted first aid treatments. It is recommended that individuals receive training through a recognized first aid training center. **Leaders should be trained in first aid and CPR.** If you are planning a trip where you may be more than two to three hours from emergency medical care, the camp or trip leader should consider completing a Wilderness First Aid course. Your local chapter of the American Red Cross is a good source for these courses.

In preparation for any trip, you should find out about the emergency services available in the area in which you will be. Get the addresses and phone numbers for these services. Remember, some rural areas do not support 911 and cell phones requiring an evacuation in case of severe injury.

Cuts and Scratches

Wash a small wound with soap and water. Dry the skin and cover the wound with an adhesive bandage. Cover a large wound with a sterile compress, wrap with a triangular bandage or a clean bandana and seek medical help. Antiseptic may be applied to skin surrounding a wound but not in it.



Splinters

Use a pair of tweezers to pull a splinter from under the skin. Apply triple antibiotic ointment to the wound and cover with a bandage.



Blisters

Blisters develop over a period of time and often you can feel a sore place or irritation ("hot spot") starting. Early detection and treatment is the key to preventing full grown blisters. If you feel a "hot spot", do the following:

- Take off your boots and socks immediately and remove any sand or gravel from your feet.
- Let your feet dry and cool down.
- Cover the sore area with surgical tape, band-aid, or blister Moleskin that can be purchased in most drugstores. Try to avoid breaking the skin.
- Remove the moleskin once you stop hiking and let the skin recover during the night. The next morning, you can judge for yourself whether to apply a new cover or not. In general, take precautions and apply moleskin even if the area is only moderately irritated.

Burns

Burns can be caused by exposure from the sun, chemicals and fire or hot items. First eliminate the cause and then cool the burned area with clean or sterile cool running water if skin is intact. Loosely cover with a sterile bandage for protection. Seek medical help for serious burns.



Fainting, Shock or Heat Exhaustion

Identified by pale and cold moist skin, shallow rapid breathing and weak pulse. First Aid: Maintain body temperature, lay them on their back, with feet elevated and clothing loosened.



Face is pale, raise the tail.

Heatstroke

Identified by red and dry skin, strong pulse, headache, nausea, dizziness. First Aid: Get the person out of the sun and keep him cool. Lay them on their back, with head elevated. Reduce body temperature with sponge baths. Give them cool water when conscious. (Do not try to give an unconscious or semiconscious person anything to drink.)



Face is red, raise the head.

"They will not hunger or thirst, the scorching heat or sun will not strike them; for their compassionate One will guide them, and lead them to springs of water." (Isaiah 49:10)

- Notes -

“So we must not get tired of doing good, for we will reap at the proper time if we don’t give up. Therefore, as we have opportunity, we must work for the good of all, especially for those belonging to the household of faith.” (Galatians 6:9-10)

Breathing Emergencies

A breathing emergency is a life threatening condition that occurs when an individual is having trouble breathing naturally or can not breathe at all.

Causes of breathing emergencies include:

- A partially obstructed airway.
- Illness.
- Chronic conditions such as asthma.
- Electrocutation.
- Heart attack.
- Injury.
- Allergic reaction.
- Drugs.
- Poisoning.
- Emotional distress.



Choking (Conscious – Cannot Cough, Speak or Breathe)

If a person is choking and he **can** cough, speak and breathe, continue to encourage him to cough forcefully to dislodge the object. If he **cannot** cough, speak or breathe then provide the following care:

1. Have someone **Call 9-1-1**.
2. Obtain consent to help.
3. Lean the person forward and give **5** back blows on the back, between the shoulder blades, with the heel of your hand.
4. Give **5** quick, upward abdominal thrusts.

Each back blow and abdominal thrust should be a separate attempt to expel the object. Continue this sequence until the object is dislodged or the person becomes unconscious. (The person providing this care should have completed first aid training.)



Unconscious Person (Not Breathing)

The following procedures are used to provide care for an unconscious person who is not breathing:

1. **Check** the scene, then **check** the person.
2. Tap him on the shoulder and shout, "Are you okay?"
3. No response – **Call 9-1-1**
4. Open the airway (head tilt – chin lift) then look, listen and feel for breathing for 10 seconds.
5. If they are not breathing – give two rescue breaths.
 - For a child (ages 1-11) – look, listen and feel for breathing while checking for a pulse. A child with a pulse that is not breathing – give one rescue breath every 3 seconds. If no pulse then begin **CPR**.
 - For an adult (ages 12 and above) begin **CPR**.



An adult that is unconscious and shows no other signs of life (movement or breathing) may be in cardiac arrest. **CPR** (cardiopulmonary resuscitation) is a combination of chest compressions and rescue breaths that can help circulate blood containing oxygen to vital organs until emergency responders arrive. The person providing this care should have completed **CPR** training. Unlike adults, children seldom initially suffer a cardiac emergency. Instead they suffer a breathing emergency that results in a cardiac emergency.

- Notes -

"But He was pierced because of our transgressions, crushed because of our iniquities; punishment for our peace was on Him, and we are healed by His wounds." (Isaiah 53:5)

Severe Bleeding

Bright red blood coming in spurts is from the arteries. First aid for arterial bleeding:

1. Apply direct pressure on the wound and elevate the affected area. Hold pressure until the bleeding stops.
2. Apply pressure at pressure points; at temple, under jaw, collarbone cavity, under side of upper arm, and in pelvic cavity where thigh and abdomen join. Use the point nearest the wound on the side closest to the heart.
3. Tourniquet is **used only in extreme emergency** if limb is severed or bleeding cannot be stopped by techniques in number one or two. Once applied, it should not be loosened except on advice of a physician. Record the time the tourniquet is applied.

Nosebleeds

For nosebleed, place a cold compress over the nose. Place pressure on the bleeding nostril.



Bruises, Sprains and Strains

Sometimes it is difficult to know if a muscle, bone or joint injury is a fracture, dislocation, sprain or strain. Care given is the same for each of these injuries. General care includes following **R.I.C.E.**

Rest – do not move or straighten the injured area.

Immobilize – stabilize the injured area only if it does not cause more pain.

Cold – apply an ice pack or cold compress to the injured area. (20 minutes on – 20 minutes off) Place a thin barrier between the ice pack and bare skin.

Elevate – the injured area if it does not cause more pain.

Broken Bones

- Never try to “set” a broken bone.
- Have the person lie down and keep him as comfortable as possible.
- Apply cold compresses to ease pain.
- Treat for shock if necessary.
- Send for medical help immediately.
- If person must be moved to medical help, immobilize the broken bone by splinting with the best material available. Old papers and magazines with rags often make good splints. Don’t place anything hard or heavy against the injured area.

Poison Ivy, Oak or Sumac

Refer to the Nature section to know how to identify poisonous plants. When you know you have touched any poison plant, do not scratch or you will simply spread the rash. Wash thoroughly with soap, preferably antibacterial, or with alcohol and apply a coating of calamine lotion or a similar poison ivy medicine. Take cool or lukewarm baths. Be aware that some people are highly sensitive to poisonous plants and may need medical attention.



"Is there no balm in Gilead? Is there no physician there? So why has the healing of my dear people not come about?" (Jeremiah 8:22)

God is concerned with not only our physical well-being but also our spiritual.

Snake Bites

Very few people die as a result of snake bites. Improper treatment can result in more injury to the person bitten than the snake bite itself. Strive to do no further harm to the injured person.

1. Keep the person calm and still.
2. Identify the snake if possible.
3. Call 9-1-1 or the nearest medical facility (transport if more than an hour from medical care).
4. Wash the wound.
5. Keep the injured area still and lower than the heart.
6. If bitten by a Coral snake, apply an elastic-roller bandage (Ace wrap®).



Do Not: apply ice, cut the wound, apply suction, apply a tourniquet or use electric shock.

Insect Bites

Bites of mosquitoes, ants, bees, hornets, wasps, chiggers, and other insects cause pain and itching because of an irritating acid injected into the flesh. Remove stinger (if present) with tweezers or by scraping with a credit card or similar stiff card. Apply sting stick to neutralize the acid. Some people are extremely allergic to insect stings or bites and will need quick medical help.



Photo not to scale.

Ticks and mites sometimes carry infectious diseases and should therefore be removed carefully as soon as you notice any on your body. Remove carefully with tweezers. Clean the bite area thoroughly with soap and water, then apply triple antibiotic cream.

Ice Packs

Ice packs are helpful in first aid. The cool ice pack reduces swelling in sprains, stings, bruises (including black eyes), and can even help get rid of hiccups. Follow the steps below to make an ice pack.

1. Wrap ice in a towel.
2. Crush ice with a hammer by hitting ice through the towel.
3. Put crushed ice in a plastic "zipper" bag.
4. Wrap bag with towel and apply to injury. For hiccups, put ice pack on stomach.



Hypothermia

Hypothermia, the severe cooling of the body, is a serious problem and can be critical. It can result in serious injury or death. Hypothermia results when the body temperature drops below 95 degrees. It happens as a result of body heat loss exceeding body heat gain and is a gradual process that happens over a period of time. It is not just a winter problem. Body heat loss can be caused by evaporation as we perspire, breathing out warm air and in cold air, touching something cold, uncovered parts of the body exposed to the cold, swimming in cool or cold water and cooling by wind.

Stages of Hypothermia

- **Stage 1 - Mild Hypothermia Symptoms** - The person feels cold and goose bumps form. Mild shivering occurs. Breathing may become quick and shallow and speech may be slurred. **Treatment** - Move the person to a warm place. Remove any wet clothing. Give warm drinks (not caffeine or alcohol) and keep the person warm for several hours.
- **Stage 2 - Moderate Hypothermia Symptoms** - Begins with violent, uncontrollable shivering and may progress to where shivering slows or stops. The person may suffer from memory loss, disorientation, incoherence, slurred speech, drowsiness, apparent exhaustion and some loss of muscle control. **Treatment** - Use all the treatment methods used for a mild case (except warm drinks). Cover person with warm clothing and blankets to stop further heat loss. Seek medical attention immediately.
- **Stage 3 - Severe Hypothermia Symptoms** - The person may collapse, become unconscious and show signs of respiratory distress. **Treatment** - Keep person prone, on his back and immobile. Cover with warm clothing and blankets to stop further heat loss. Arms and legs should not be stimulated in any way and the person should be handled with care. If the cold blood in the extremities suddenly returns to the core, it could cause cardiac arrest. Seek medical attention immediately.



Frostbite

Frostbite is damage to body tissue caused by being frozen. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ears or the tip of the nose. If symptoms are detected, get medical help immediately. If you must wait for help, slowly rewarm affected areas. However, if the person is also showing signs of hypothermia, warm the body core before the extremities because cold blood driven toward the heart can lead to heart failure.

*"For I am not ashamed of the gospel, because it is God's power for salvation to everyone who believes, first to the Jew, and also to the Greek."
(Romans 1:16)*

*"I was naked and you clothed me; I was sick and you took care of me; I was in prison and you visited me."
(Matthew 25:36)*

Poisoning

A poison is any substance that can cause injury, illness or death when introduced into the body. A person can be poisoned by ingestion, inhalation, injection or absorption through the skin. If you suspect that a person is showing signs of poisoning:

1. Get medical help immediately by contacting the nearest medical or poison center. **National Poison Control Center (800) 222-1222.**
2. Keep the victim calm and comfortable.
3. Use caution in seeking to determine what has poisoned the person.
4. Read the label on the container of poison and follow the antidote or counter dose suggested. There are times when you do not induce vomiting, such as with acids or lye.



Drowning

1. **Reach** first, if at all possible, using your leg, a pole, a stick, rope or anything to which the victim can grab hold.
2. **Throw** a life ring, rope, inner tube, log, ice chest, or anything that will float and the victim can grab.
3. **Row** any kind of boat that is handy.
4. **Go** is the last resort after each of the above has been tried or is impossible. You should go to the victim only if you are a good swimmer and a trained life saver. Carry a towel or shirt in your teeth and flip it to him when close enough, then pull him in. If you don't have the skill to help, go get help!
5. If a person is not breathing, use rescue breathing or CPR. Also treat for shock.



Stroke

A stroke is caused by blockage of blood flow to part of the brain. As with other sudden illnesses, the primary signals of a stroke are a sudden change in how the body is working or feeling. Think **F.A.S.T.** to recognize a stroke.

- **Face** – ask the person to smile. Note if there is weakness in the muscles on one side of the face.
- **Arms** – ask the person to raise both arms. Note if they are experiencing difficulty raising either limb.
- **Speech** – ask the person to repeat a simple sentence. Note if they are experiencing slurred speech or having trouble getting the words out.
- **Time** – Record the time when you noticed that these signals began and **call 9-1-1** to get help right away.