

After years of taking a variety of first aide and survival courses I wrote the following, basically breaking it down to my "List of Four". It provides some good things to remember.

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LISTS OF FOUR

BE PREPARED FOR

1. Medical
2. Protection against the elements
3. Subsistence (food and water)
4. Getting home

HAVE THE RIGHT STUFF

1. Know what to do
 2. Have the skill to do it
 3. Have desire to do it
 4. Have the equipment to do it
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1. Know where you are
 2. Know your strengths
 3. Know your weaknesses
 4. Know to stop before exhausted

DYING FROM EXPOSURE

1. Hyperthermia
2. Heat stroke
3. Lack of food and water
4. Exhaustion

RESCUE (always continue to monitor patient)

1. Approaching patient
 - A. Scene safety
 - B. Mechanism of injury
 - C. Observe obvious (A (airways), B (breathing), C (circulation), Bleeding, Shock, Movement, Position, Consciousness)
 - D. Call for help or give instructions to people in close proximity
2. Upon reaching patient
 - A. Communicate – reassure patient, ask permission to help
 - B. Check – A, B, C, Bleeding, Shock, movement, position and consciousness
 - C. Urgent care
 - D. Protect patient
3. Assessment of patient (head to toe, vital signs, medical history) & situation (resources, alternatives)
4. Make and carry out plan

OBJECTIVE

1. Save lives
2. Minimize damage from serious injuries
3. Minimize discomfort
4. Minimize complications from minor injuries