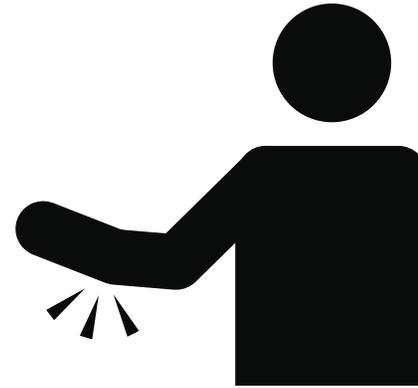




Falls

If the fall is >10 ft on hard surface or has damaged the back or head, **there could be spinal injury.**

1. **Try not to move the patient**, especially in neck and head area.
2. An obvious decrease in level of consciousness or loss of sensation in extremities means this is a severe situation. **Follow emergency protocol, and if it is safe to do so, do not move the patient.**
3. Gently palpate the person's spine, from top to bottom. If there is any noticeable pain or deformity, this is a severe situation. **Follow emergency protocol, and if it is safe to do so, do not move the patient.**



Sprains and Fractures

Symptoms may be similar! However, fractures tend to have pain in a specific spot, discoloration, and hard deformity, whereas sprains tend to have radiant pain, swelling, and soft deformity.

With most sprains, the patient can walk out. If reasonable (this may be at the Loj afterwards!), for one hour:

1. **R**est
2. **I**ce or cold compress
3. **C**ompression
4. **E**levation of the injured area above the heart

For fractures, the goal is the stabilize the injured area to prevent movement. This reduces pain and further injury so the patient can be carried out, rescued, or even walked out. The most common way is to **build splints**. The general rule is to **build them one joint above and below the site of injury**. For instance, if one's forearm is broken, use a hard object to prevent motion from the wrist to the elbow. Using what is available in the environment and the group's packs (sticks, clothing, etc.), attempt to stabilize the site of injury as much as possible. Evacuate. Is this situation severe? Examine emergency protocol to determine.



Hypothermia

Signs and symptoms: cold, shivering, decrease in judgement skills. (Yes, hypothermic people can behave like they are drunk.)

1. Get out of the environment that is causing the hypothermia if possible.
2. Get the patient **dry and warm**. (more gear, sleeping bags, etc.)
3. Give patient **food and water**. If still cold, make patient do simple exercises to warm up (eg. jumping jacks).
4. If situation does not improve or worsens, **this situation is severe. Follow emergency protocol.**
5. If the patient is unconscious, **do not perform CPR even if you are certified. You may kill the patient.**

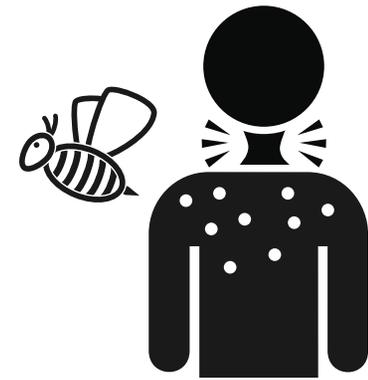


Frostbite

Signs and symptoms:

- 1st degree: pale, cool, numb, waxy skin.
- 2nd degree: same symptoms as before in addition to blisters.
- 3rd degree: skin is hard.

For 1st and 2nd degree, rewarm the damaged part via **skin to skin contact**, such as putting hands in armpits, holding a warm water bottle, etc. **Rubbing will merely rub ice crystals into the tissue** and cause further damage. **Evacuate if 2nd degree. If 3rd degree, the situation is severe. Follow emergency protocol and evacuate if possible.**



Systemic Allergies

The entire body is experiencing an allergic reaction. The most obvious symptom is a breakout of hives, but anaphylactic reactions are possible and serious.

1. **Immediately give oral antihistamine** such as benadryl. Monitor the patient closely and **consider evacuation**.
- Signs and symptoms of anaphylactic reaction: anxiety, increased breathing rate and shortness of breath, swelling around face and neck, pale skin.
2. If the patient is not getting enough air and an **EpiPen** is available, take it out and follow the instruction on the pen. **The situation is severe. Follow emergency protocol and evacuate immediately.**