

Tenderfoot 4a First Aid



By Austin Moore



Cuts and Scrapes



- Cuts and scrapes seem insignificant, but if left untreated they can become infected.
- Clean with clean water and soap
- Cover with a clean cloth or a bandage
- Clean and rebandage the cut/bruise at least once a day if not more



Blisters



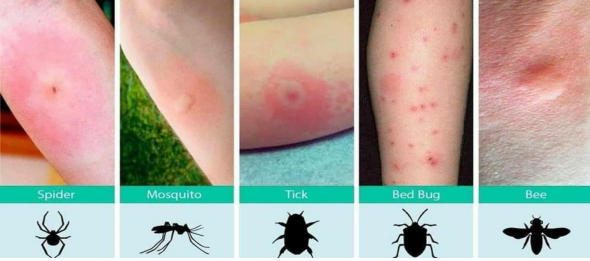
- **Prevention:**
 - Wear fitting boots and socks
 - Wear dry socks and put on a different pair if they become wet
 - Work gloves can prevent blisters on your hands when doing manual labor
- **Hot Spots**
 - Hot Spots are warm patches of skin that are the beginnings of a blister.
 - Stop and cover the afflicted area with moleskin before proceeding on.
- **After development:**
 - DO NOT POP IT!!!! This can increase infection.
 - Cover the blister with moleskin/molefoam larger than the blister
 - If need be drain the fluid if you are continuing to hike. Do this with a needle sterilized by a flame, clean it with soap and water, and bandage it.



Burns and Scalds



- The skin will become red and tender.
- Can be treated by:
 - Running the afflicted area under cold water or applying a cool cloth/compress.
 - Applying Aloe Vera
- Can be prevented by being aware of hot surfaces and boiling water.



Bites/Stings

- **Prevention:**
 - Wear long sleeve shirts and pants, button your collar, tuck your pants into your boots/socks, and apply bug spray.
- **Tick Bites:**
 - Ticks are small and hard to see. Use tipped tweezers to grasp low down on the head of the tick and gently pull so that you do not leave the mouth of the tick lodged in the skin.
- **Chigger Bites:**
 - Extremely hard to see but cause severe itching. Chiggers sit on the skin injecting enzymes that destroy tissue for it to feed on. They fall off after a few days and can be treated with anti itching cream. Can be prevented by scratching their preferred area (the ankles, waist and underarm) as well as showering.
- **Spider Bites:**
 - Get medical attention if the patient has the following: nausea, swelling, pain, flushed, difficulty swallowing, muscle pain, and vomiting.
 - Otherwise, clean the area with soap and water and apply an ice pack to lower pain and swelling.
- **Insect Stings**
 - DO NOT SQUEEZE THE STINGER!!!
 - Remove by scraping with a credit card or pocket knife and apply an ice pack.
 - If the patient goes into anaphylactic shock treat them for it and call 9-1-1.



Venomous Snakebite



- First identify if the snake is venomous (Red on yellow kill a fellow, red on black is a friend jack)
- If it is venomous follow these steps
 - Keep them calm and gently wash the bite while removing any jewelry around the area
 - If the bite is on an extremity restrict the movement with a splint and keep the site level with the heart
 - Call 911 and try to get the victim as close to medical as help as possible
 - Keep the victim calm and remind them that you are gonna take care of them
 - Treat for shock without elevating the limb
 - DO NOT ICE OR CUT THE SKIN! DO NOT ATTEMPT TO SUCK THE VENOM OUT! DO NOT APPLY A CONSTRICTING BANDAGE OR BAND

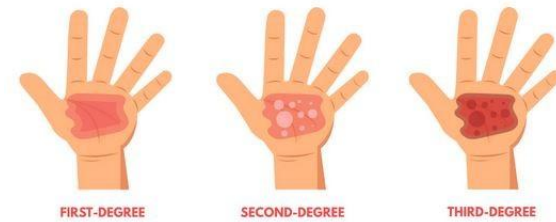
Nosebleeds

- The bleeding usually stops in a couple of minutes
- Have the patient sit down and lean forward to prevent blood going down the throat
- Apply pressure just below the bone in the nose and apply a cold compress against the nose





Frostbite and Sunburn



- Frostbite:
 - When the tissue freezes
 - The patient's feet, nose, ears, and fingers may be hurt or numb
 - The skin will become grayish white
 - GET THEM WARMED. Get them into a shelter and slowly warm them up rapid increase in temp. can burn the tissue
 - If it is severe get them to a hospital ASAP
 - When the patient is stable and will not refreeze place the afflicted area in warm water
- Sunburn:
 - 2nd Degree Burns
 - Are most commonly recognized by blisters
 - Can be treated by placing the afflicted area in cold water or applying wet cloths.
 - After it dries apply sterile gauze
 - 3rd Degree Burns
 - The Skin and tissue beneath it is damaged. Skin is burned away and flesh is blackened.
 - The nerves may be damaged so the victim may not feel pain
 - The only thing you can do is apply dry cloth and treat for shock leave everything else to medical professionals



Choking



- Signs

- Grasping of the throat and red faced

- Action

- If they can speak encourage them to cough up the blockage and watch over them incase it gets worse
- If not perform the Heimlich
 - Get behind them, place your arm behind their chest, and firmly strike five times between the shoulder blades
 - Place your arms across their waist, making a fist with the thumb just above the navel but below the rib cage
 - Perform 5 thrust in an in and upward motion
 - Repeat until the object becomes dislodged
- If this fails place them flat and attempt to dislodge the blockage by hand with gloves
- If this fails, give 30 chest compressions and 2 rescue breaths until resuscitation