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Massachusetts Emergency Care Training Agency -  
MECTA, Inc. *OUTDOORS*

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## **FIRST AID BASICS**

The art of remaining calm through an emergent situation is vital to survival. Fear of the unknown and the lack of adequate emergency skills is usually the primary reason why people panic and lose their composure. Education and practicing first aid skills in the outdoor environment will reduce the fear of the unknown.

Instilling confidence in children unleashes an endless ability to accomplish and survive. This combined with basic education and awareness, equals prevention.

Basic First Aid:

One of the first and probably most important things to teach a child is to remove themselves from an emergent situation or remove the danger from them. Once this has been accomplished, the basic Saint Gobain's of first aid apply.

|   |           |   |
|---|-----------|---|
| A | AIRWAY    | Does the person have an open airway                               |
| B | BREATHING | Is the person breathing.  |
|   | BLEEDING  | Is there any bleeding. If so, apply direct pressure to the wound. |
| C | COVER     | Cover the person to keep them warm                                |
|   | CALM      | Try and keep the person calm.                                     |
| S | SEND      | Send someone for help.  |