



## Suggestions For: First Aid Specific Care

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The *Junior* Wilderness Technician program is an appropriate, safe, and fun-filled experience for each camper.

A specialized course to teach our children some of the most important lessons of life. Our goal is clear. We wish to have the opportunity to give children a gift. A gift of skills and awareness, and to allow our children to experience the deeper things in life. We would like to lead them back to the earth, back to pure awareness, to adventure and to the awesome rapture of living. This coupled with providing them with the tools necessary to ascertain purpose with-in themselves.

By teaching nature, survival, and awareness, we hope to open up a life full of wonder, not crime. - L. J. Gosselin



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### Special points of interest:

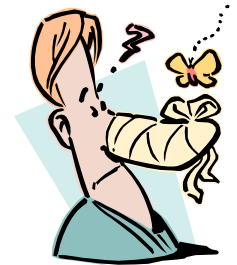
- *Safety Concerns*
- *Using Basic Equipment to Save You Life*

# Wounds

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## Wounds

- Stop bleeding
- Protect and prevent infection
- Direct Pressure on wound to control bleeding, using a piece of clothing.
- Never remove once in place.
- Elevate injury to control bleeding and swelling
- Get help



# Shock

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## Shock

- May occur after an injury or as a result of an infection or illness
- May be caused by a severe allergic reaction
- May occur when someone sees an injured

### Symptoms:

- Weakness
- Pale skin
- Irregular and Rapid Breathing
- May become dizzy and pass out.
- Shivering may occur, even in hot weather.
- Can become serious and life threatening

Maintain body temperature by wrapping patient in a blanket or placing in a debris hut.

## Treatment for Shock

- Maintain body temperature by wrapping patient in;
  - a blanket or
  - placing in a debris hut
- Keep the person lying down, comfortably resting, calm, and elevate the feet.
- Talk to the person and reassure him constantly.
  - One of the most important survival skill children can have.
- Get help quickly, especially if the person is unconscious or not breathing.



# Stings

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- Usually only life threatening if an allergic reaction occurs.
  - Then treat for shock and seek immediate medical care.

## Treatment:

- Child should remove stinger, if present, by scraping the surface or pulling it out. Stinger should never be squeezed.
- Apply cold or soak in water. Ice is best.
- Keep sting area lower than heart, keep calm.
- If severe reaction occurs or child has a history of allergic reaction, seek medical help.
- Treat child for shock.



# Ticks

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## Possibly the most dangerous insect in the New England woodland.

- Important to remove all parts of the tick to prevent infection.
- Remove with tweezers.
- Clean with soap and water.

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# Poison Ivy, Poison Oak, and Poison Sumac

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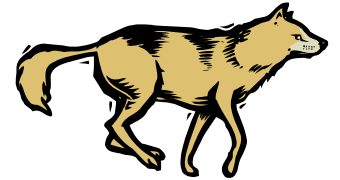
## Treatment Recommendations

- Wash affected area with cool water as soon as exposure is recognized.
- Remove all contaminated clothing.
- Treat rash with cool water.
- Practice prevention
  - Learn what the plants look like
  - Where they grow
  - How they grow
  - Use protective clothing whenever exposure is anticipated.

# Animal Bites

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- Thoroughly wash with soap and water; if soap not available use plenty of water.
- Cover with clean dressing.
- Keep person resting and have the person avoid movement.
- Get medical help as soon as possible.
- Treat the person for shock.



\* Know the animals in your area; know where they live and what they do. We should all have a healthy respect for animal's space and the dangers of getting too close.

# Burns

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- Soak burn in cool water or apply cool water directly to the burnt area.
- Severe burns:
  - Cover and keep clean
  - Do not break blisters
  - Do not apply ice to burned area
- Treat for shock

“Know the animals in your area; know where they live and what they do. We should all have a healthy respect for animal's space and the dangers of getting too close.”

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Notes:



# Frostbite and Hypothermia

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Both are exaggerated by wind and humidity



## Frostbite

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- Protect area from further exposure by covering it.
- Will appear white to gray, pale and glossy, and will feel cold and numb.
- Immediately move to a shelter, if no shelter teach child to find a windbreak.
- Use extra clothing or blankets to keep affected area warm.
- Warm area rapidly, using warm water, immersing the area.
- Frostbitten area should be then wrapped in a blanket.
- Do not
  - Use HOT water
  - Rub frostbitten area
  - Warm by fire or stove
- Give fluids and treat for shock.
- Seek medical attention.

*"Hypothermia comes on fast and is difficult to recognize."*

## Hypothermia

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- Bring patient to shelter or windbreak
- Remove all wet clothing
- Put person in a sleeping bag, wrapped in blankets or have extra clothing piled on.
- Build fire to warm (if child is old enough)
- Give child warm fluids
- Seek medical help

# Heatstroke, Heat Cramps, and Heat Exhaustion

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**Heatstroke** is a life threatening condition caused by high temperatures, hot sun, and strenuous exercise.

- It involves high body temperatures where the person will not be sweating, and has hot, dry, red skin.

## Treatment Recommendations for Heatstroke:

- Cool the body by removing from the heat source and,
  - Fan to cool
  - Sponge body down with cool water
  - Treat for shock
  - Get help quickly, especially if the child is unconscious
- Seeking shade and rest can help Heat-cramps, massaging muscles if necessary and sipping cool water.
- Patient should be watched for progressive signs of heat related emergencies such as heatstroke.
- Seeking shade and rest, sipping cool water, lying down, and fanning the body can help Heat Exhaustion. Treat patient for shock and anticipate additional signs and symptoms of heatstroke.

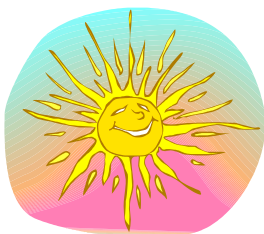
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## Prevention of Heat Related Emergencies

Learn to take breaks from the heat and working on hot days.

Drink plenty of water and slow down.

*“Drink before you are thirsty.  
Whether it is hot or cold.”*





## Massachusetts Emergency Care Training Agency - *Outdoors*

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From the Author:

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We recommend that you and your child take a National Safety Council First Aid course prior to using these supplemental materials. This will provide you with the necessary additional information needed to sustain life.

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