

# First aid for Appleseed events

On this planet; At this time...

Or probabilities verses possibilities

# Who I am, why am I here, and who is to blame (and thank)



# Frame

- We are going to cover the most common incidents likely to occur at an Appleseed event.
- We are going to learn about how people act and react in the real world and what we need to look out for, and how we can bypass some of this behavior (Pride).
- How our awareness of natural behavior can be used to aid us (Compliance) and control that which may hinder our efforts (Everyone's desire to help).
- I am going to keep it simple (but hopefully instill a desire to learn more about the subject)

- The responsibilities of the First Responder (Continuation of care, Hand off to higher level of caregiver)
- Legal Protections afforded the First Responder (Good Samaritan Act)
- Safety of the caregiver. (B S I, Gloves, Respirator Mask)
- Basic First Aid
- First Aid kit for the Green Hat / Location Card
- Personal First Aid Kits
- Trauma Kits (Blow out kits) and how to set them up

# Practical Application

- C P R, or now C A B
- A E D,s or Automated External Defibrillator
- Assisting with C-Spine, Back boarding, and transporting.
- Documentation, and the Hand-off.
- Trauma / Bullet Holes
- Richard's Tips (or why he has Everclear in his FAKs)

# Legal Protection

- “The Good Samaritan Law”
- Page 11 in the Appleseed handbook
- Do not do anything you have not been trained to do, and you should be covered.
- Just because you heard it from someone (including Me), or saw it on TV does not mean you are trained to do something.

# Responsibilities

- Your Safety First (Glove Up, Scene Safety)
- Once you start to render first aid, you must continue to assist until relieved by someone with a higher level of training.
- Discretion. Speak about the personal information only to those who need to know. (EMTs, Green Hat)
- Maintain the patients dignity.
- Patient Survey (initial, secondary, S A M P L E)
- Look for Med Alert Tags (Necklace, Wrist Bands)

# S A M P L E survey

- Document everything (vital signs)
- S-signs & symptoms
- A-allergies
- M-medication (recent and normal daily)
- P-past medical history (has this happened before)
- L-last meal (last oral intake)
- E-event history (how did the injury occur)

# First Responder / First Aid

- Scene Safety (Rifles Clear, Electricity, Bees...)
- Gloves First (Body Substance Isolation)
- Sterile, or as clean as you can get
- H A B C (Hemorrhage, Airway, Breathing, Circulation)
- Treat for Shock (everyone)
- Package (stabilize) and Transport
- Personal Safety (Gloves First)
- The First Aid kit

# The First Aid Kit

- If you can't carry it, It doesn't count.
- If you don't have it with you, It doesn't count.
- If I can't find it, It doesn't count. (Color, Cross)
- Care and feeding of the FAK. (don't leave in car)
- Contents and Placement (gloves, Ammonia)
- How do I open this thing (Short Decision Tree)



# Basic first aid

- Heart Issues
- CAB / CPR
- Stroke
- Heat / Cold issues (H. Exh.,H. Stroke,)
- Bleeding (A C L I P)
- Strains and Sprains
- Bee Stings /Allergies

# Signs of a Heart Attack

- Center Chest Discomfort for more than a few minutes, or that comes and goes for awhile (Pain, Squeezing, Pressure, Fullness)
- Pain in upper body (Arm, Jaw, Back, Neck, Stomach)
- Shortness of Breath (with or with out pain)
- Cold Sweat
- Nausea / Vomiting
- Light Headedness
- To Transport Or not to Transport? (Location Card)

- Assist with Nitro
- Aspirin? (Make it available)

# C A B / C P R

- C-Chest Compressions (press hard and fast)
- A-Airway
- B-Breathing
- 2 inches and 100 times per minute

# Signs of a Stroke

- F A S T
- F-face drooping (uneven smile)
- A-arm weakness (is one arm weak or numb?)
- S-speech difficulty (slurred speech)
- T-time to call 911 (and note time of first observed symptoms)
- Memorable, but not complete...

# Sudden...is the key word

- Sudden weakness in arm, leg or face.
- Sudden confusion or trouble understanding
- Sudden vision problems in one or both eyes
- Sudden trouble walking, or dizziness
- Sudden loss of balance or coordination
- Sudden severe headache with no known cause
- Package and Transport

# Heat Exhaustion / Dehydration

- Fatigue
- Nausea
- Headaches
- Extreme Thirst
- Heat Cramps / Muscle aches
- Weakness
- Confusion or anxiety
- Sweats or cold clammy skin

- Slowed or weak heartbeat
- Dizziness
- Fainting
- Anxiety / Agitation
- Not life threatening if treated properly

# Heat stroke

- Nausea and vomiting
- Headache
- Dizziness
- Fatigue
- Hot, Flushed, Dry skin
- Rapid heart rate
- Decreased Sweating

- Shortness of breath
- Elevated body temperature (104 to 106)
- Confusion, Delirium
- Loss of consciousness
- Convulsions
- Life threatening
- Cool, Package and transport

# Diabetic emergency

- Hypoglycemia (Low Blood Sugar)
- Weakness, Shaking, Sweating, Headache, Nervousness, Hunger
- Talk to the person
- Assist the person
- Sugar (under the tongue, Soda, Raisins)

- Hyperglycemia (High Blood Sugar)
- Fruity breath odor, Flushed face, Dry skin and mouth, Nausea or vomiting, Deep rapid breathing,
- Talk to and assist the person if possible
- Package and transport

# Strains and Sprains

- R I C E
- R-rest
- I-ice
- C-compression
- E-elevate

# Broken Bone basics

- Splint beyond the joint above the break, and beyond the joint below the break (2 and 2)
- Improvised splints (magazine, other leg)
- Never tie or strap on a “N” (nose, neck, nipples, navel, nuts, knees)
- Always leave the injury site visible

# Bleeding (minor) A C L I P

- Glove Up (No Exceptions)
- A-abrasions (scrapes, road rash)
- C-crush
- L-lacerations (jagged tear)
- I-incisions (clean cut)
- P-punctures (holes)

# Cold Injuries

- Frost Bite
- -Pins and needles, Numbness, Hard cold skin
- Rewarm slowly and do not rub affected area
- Hypothermia
- -Shivering, Slow speech, Mental confusion
- Slow rewarming (hot water bottles to groin and armpits)
- Warm, sweet drink (no caffeine or alcohol)

# Burns

- Minor Burns are dressed
- Major burns are protected (Package and Transport)
- Major Burns are deep, and/or cover a large area of the body

# Gun Shot

- Glove Up
- Look for exit wound
- Stop the bleeding
- Maintain Airway
- Package and Transport
- Military First Aid Kit / Blowout Kit

# Hemorrhage (major bleeding)

- Glove Up
- Stop the bleeding
- Stop the bleeding
- Any way you can
- Pressure
- Quick-clot
- Tourniquet (Note the time)
- Improvise

# N P A or Nasopharyngeal Airway

- Oral Pharyngeal Airway (sizes, how to size)

# Chest Injuries

- Sucking Chest Wounds
- -Asherman Chest Seal (or improvised)
- Flail Chest (C A B / C P R)
- -Package (comfort) and Transport
- Tension Pneumothorax
- -deviated trachea (away from injured lung)
- -needle or catheter (1 of 2 locations)
- -glove for one way valve

# Assisting Advanced Medical Care

- Document Everything (SAMPLE, care administered)
- Most experienced person on the C-spine, and he calls the numbers
- Pathfinders (Yellow Vest in larger Kits)

# Compliance

- Pick one person (not... someone call...)
- Give specific directions
- Pride (Do together, Don't just tell)

# Types of F A Ks

- Range Kit (there may be a highly trained person available, so put what ever you can get in it)
- But... if you can't carry it, It doesn't count.
- -Range Card (laminated, up to date, grommets)
- Personal Kit (be able to address injuries up to your level of training)
- But... If you don't carry it, It doesn't count.
- Trauma / Military / Blowout kit
- -changes over time

# Jalapeño on a Stick

- Plan ahead- 6 inches min. around wound
- Make one sweeping cut- no T's or L's
- Boots are cut in 2 places, the heel is bent back, and the boot is pulled forward.
- Socks – If not sticky may be easier to peel than to cut
- Not everything needs to be cut, minimizing distress is the goal (Buttons, zippers, snaps)
- Any thing without a heart beat can be replaced
- The Roscoe (2 cuts & accountability)