

REMOTE AREA FIRST AID


Given **Australia's** size and emptiness, it's pretty obvious that **remote area first aid would be a good skill to have.** Follow this guide and be prepared.



01 CONSIDER

- The more remote you are, the longer it takes for medical help to arrive.
- Travel as part of a group. More people mean more choices in case of an emergency: some stay, others seek help, or carry the injured.
- Severe weather and natural disasters may affect medical response.
- Lack of communication including no mobile network, or no road access, can delay any medical response.
- You might need more advanced first aid for remote areas. Adjust your kit accordingly for potential higher-level medical needs.

02 MANAGEMENT STRATEGIES

- Inform Someone: Share plans and expected return. 
- Avoid travelling alone. The recommended number is 4.
- Give a map with travel details and set times to update someone. Stick to the plan for communication
- Carry water, shelter, warmth and food.
- Use radio, satellite phone, GPS, and signaling tools.
- Check the weather and adjust plans based on forecasts.
- Wear and pack appropriate clothing for the weather conditions and terrain.
- Make sure all members of your group are fit for travel.



03 EMERGENCY RESPONSE

- If your car breaks or you're lost, stay with it. It provides shade, and finding it is easier.
- If lost hiking, stop, stay calm, check maps, retrace steps, or go to higher ground.
- If hurt, address the injury, and make yourself as comfortable as you can.
- Ration your food and water supplies.
- If rescue is near, signal with three torch flashes and use your whistle
- Make a smoky fire with green leaves in the day and a bright one at night
- Be patient and be prepared to wait.

