

SURVIVAL FIRST AID:

Handling Medical Emergencies in Remote Areas.



Many activities happen outdoors in Australia, mostly injury-free. But if troubles arise, as the first aider in the group, **what's your action plan?**

01

DRSABCD ACTION PLAN



In an emergency call triple zero (000) for an ambulance

D Check for **Dangers**

R Check for **Response**

S **Send for help.** Call 000

A **Airway**
Open mouth. Check for obstructions

B **Breathing. Normal?**
Yes - put in recovery position. No - start CPR

C **CPR**
30 compressions: 2 breaths

D **Attach Defibrillator (AED)**
as soon as available, follow prompts

Continue CPR until the ambulance arrives or the person responds



02

ASSESSING THE SITUATION



- ✓ **Remaining calm is crucial in the wild.** With medical help not nearby, think methodically in challenging situations.
- ✓ In outdoor activities, extra knowledge matters. **Skills for burns, fractures, spinal injuries, bleeding, and handling distressed group members become crucial.**
- ✓ **Extra first aid skills are vital in remote settings.** Awareness of consequences, like serious falls, is essential for proper response.
- ✓ Communication is key. Be ready for remote medical advice and possible procedures. **Assessing situations in the wild requires a composed approach.**



03

NAVIGATING EMERGENCIES



- ✓ In an emergency, observe carefully. **See what's happening and anticipate.** Prioritize safety, don't rush; danger might be overlooked.
- ✓ In scenarios like falls, **approaching edges requires caution.** Assess the casualty, their injuries, responsiveness, and communicate.
- ✓ If injuries seem serious, **call emergency services immediately;** delays affect survival in remote areas.
- ✓ In emergencies, get creative—utilize torn towels, belts, or tent poles for various needs. **Improvise a stretcher with coats for moving casualties, considering their well-being.**
- ✓ **Focus on proper fluid intake** and prevent pressure sores during prolonged immobility.

