SURVIVAL FIRST AND:

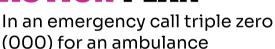
Handling Medical Emergencies in Remote Areas.



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?



DRSABCD ACTION PLAN





Check for **Dangers**



Check for Response



Send for help. Call 000

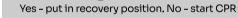


Airway

Open mouth. Check for obstructions



Breathing. Normal?





CPR

30 compressions: 2 breaths



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

Continue CPR until the ambulance arrives or the person responds





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.

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.