

HEALTH AND SAFETY SKILLS

What are some ways to prevent blisters on the feet?

- Stop walking or hiking at the first signs of irritation and cover the hot spot with some tape to temporarily eliminate the friction on that area.
- Make sure footwear is well-broken in before actual use.
- Wear thin, synthetic socks under heavier hiking socks so the rubbing will be against the thin sock and not directly against the skin.

What are some ways to treat blisters on the feet?

- Cover them with some tape.
- Place a circle of moleskin around them so the surrounding area is raised to the extent the rubbing won't be felt at the blister site.
- If the blister is painfully large and needs to be popped, do so with a sterilized needle on the side—not the top.

What are the signs of hypothermia?

- Feeling cold and numb
- Incoherent mumbling
- Feeling tired and unable to think straight
- Shivering uncontrollably
- Becoming irritable
- Stumbling and falling
- Losing consciousness

How can hypothermia be treated?

- Move the person to a shelter.
- Replace wet clothing with warm dry clothing.
- Wrap them in sleeping bag, blankets, jackets
- Give warm liquids (NO beverages that contain caffeine!)
- Wrap water bottles filled with warm water and place under armpits and against groin.

What are some signs of frostbite?

- Complaints that the feet, fingers, ears, or nose hurt or feel numb
- Grayish white patches on the skin

How can frostbite be treated?

- Move the person to a shelter.
- Warm cheeks or ears with palm of hand (gloves off).
- Slip a frostbitten hand under clothing against warm skin.
- Place dry, sterile gauze between fingers or toes and cover with a loose bandage.
- Rewarm the injured area with warm water (not hot) until normal color returns.

What are signs of heat exhaustion?

- Severe lack of energy
- Feeling faint
- Severe sweating
- General weakness
- Headache
- Nausea

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- Cool, pale, moist skin
- Rapid pulse

What steps should be taken to treat heat exhaustion?

- Remove excess clothing and lie in a cool shady place with feet raised.
- Fan the body and apply cool, wet cloths.
- Drink some water. Rehydrate.

What are signs of heatstroke? — Medical emergency, call for medical assistance. —

- Hot, sweaty or dry, red skin
- Vomiting
- Confusion and disorientation
- Rapid pulse
- Seizures
- Unconsciousness
- Shallow breathing

What steps should be taken to cool the victim?

- Move person to air conditioned or shady area
- Loosen tight clothing, cool skin by fanning and applying wet cloths.
- Apply wrapped ice packs under armpits and against neck and groin.
- Immerse person in shallow pool of water.
- If person can drink, give small amounts of cool water.

What are the signs of dehydration?

- Increased to severe thirst
- Dark urine or decrease urine production
- Feeling tired or weak
- Decreased sweating
- Dry skin and lips
- Nausea
- Fainting
- Loss of appetite
- Headache, body aches
- Muscle cramps
- Confusion
- Dizziness

What can be done to treat dehydration?

- Drink fluids.
- Rest
- In hot weather, get to a shaded or air conditioned place.

What can be done to prevent dehydration?

- Drink plenty of water before feeling thirsty.
- Take in enough fluids so urine is clear.
- Avoid caffeinated drinks.

What are the signs of shock?

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- Restlessness or irritability
- Weakness
- Confusion
- Fear
- Dizziness
- Clammy, cool, pale skin
- Quick, weak pulse
- Shallow, rapid, irregular breathing
- Nausea and vomiting
- Extreme thirst

What is the first aid for shock?

- Call for help.
- Speak to them in a calm voice.
- Try to eliminate the cause(s) of shock by treating hurry cases: severe wounds, control bleeding, restore breathing and circulation.
- Have the person lie down and raise the feet about 12 inches if no back, neck, head injuries, or fractures of the hip, legs or pelvis are suspected.
- Keep the victim warm by surrounding their body with blankets, coats, etc.

What precautions should be taken during a thunder storm?

- If near safe buildings, stay inside until 30 minutes after the last rumble of thunder is heard.
- If out on the water, quickly head to shore if you hear thunder.
- In the backcountry, avoid open fields, hilltops, and ridge tops.
- Spread the group out 100 feet from one another.
- Stay away from tall, isolated trees and other tall objects.
- In a forest, stay near a lower stand of trees.
- Stay away from water, wet items, and metal objects.
- Stay clear of shallow caves and overhanging cliffs.

What treatment should be provided if a person is struck by lightning?

- If the person has stopped breathing, administer CPR.
- After assessment, treat injuries.
- Always seek medical attention.

What can be done to reduce the likelihood of tick bites?

- Wear long pants and long-sleeved shirts in woodlands and fields, button the collar and tuck the cuffs into your boots or socks.
- Apply a good insect repellent.
- In tick country, check for ticks twice daily.

What's the recommended method to remove a tick and treat the bite area?

- Use a tweezer to grasp an embedded tick and gently pull all of it out of the skin.
- Wash the area and your hands with soap and water.
- Treat the bitten area with an antibiotic salve.

How do we treat the sting from a bee or hornet?

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- Never squeeze the area around the stinger.
- Remove the stinger by scraping it with a knife blade.
- Apply an icepack to reduce pain and swelling.
- If breathing becomes difficult, seek medical attention and treat for anaphylactic shock by administering epinephrine.

What should we do for a spider bite?

- See a doctor a.s.a.p. if symptoms show up such as swelling, redness, pain, difficulty swallowing, nausea, vomiting, muscle pain, or joint pain.
- Wash the bite with soap and water.
- Apply an ice pack.
- Treat for shock.

How to we treat the bite from a nonvenomous snake?

- Same as a puncture wound.

What steps should be taken to treat the bite from a venomous snake?

- Keep the victim calm.
- Wash the wound site.
- Remove any jewelry in the area of the bite before swelling occurs.
- Restrict movement by splinting, if the bite is on an extremity.
- Keep the bite site at the approximate level of the heart.
- Do not:
 - apply ice
 - cut the skin
 - suck out venom
 - apply a tourniquet
- Take steps to get the victim medical help as soon as possible.
- Treat for shock, but don't elevate the affected limb.