

# SELF-AID & BUDDY CARE

## ABCD steps

The following steps should be taken when encountering an injured person:

A: Establish an open airway.

B: Ensure breathing.

C: Stop bleeding to support circulation.

Place dressings over open wounds and apply direct pressure. Elevate if possible. Use pressure points to control flow of blood to injury. Use a tourniquet only as a last resort and mark the time it was applied on the victim's forehead.

D: Prevent further disability. Immobilize the person's neck or spinal injuries and splint obvious limb deformities.

## Shock

The signs and symptoms of shock include: listlessness; anxiety; cold, clammy, pale blue skin; breathing is shallow, labored and rapid; eyes appear dull, pupils dilated; thirst; and nausea or vomiting. Treatment actions include: Ensure A, B, C, Ds are established; control obvious bleeding; elevate feet if there is no head wound; splint fractures; prevent loss of body heat; give the victim nothing to eat or drink. If unconscious, place the victim on his side and transport to a medical treatment facility as soon as possible.

## Water consumption

Drink a quart of water before you come onto shift and another quart of water every hour. Drink even if you are not thirsty. Take water only from approved sources. Even in cold weather, drink often.

Try to fill your canteen in an uncontaminated environment. Do not fill your canteen during attacks. Find an area with overhead protection. Decontaminate the canteen cover and bottle and fill the canteen to overflowing to chase out any chemical vapors. Dump out a small amount of water to just below the neck of the canteen so the internal drinking tube can function properly.

## Cold-related injuries

**Frost bite:** Signs and symptoms of frostbite include when the affected area is hard, cold and insensitive to touch; the area appears white or mottled blue-white; and can become red and painful when warmed. Treatment actions include removing constricting clothing from the area; warming the area carefully without rubbing; and transporting the victim to a medical facility as soon as possible.

**Hypothermia:** The signs and symptoms of hypothermia include apathy and poor judgment; drowsiness; rapid pulse; shivering; and no shivering in later stages. Treatment actions include handling the patient carefully; establishing A, B, C, Ds; preventing loss of additional body heat; and transporting to a medical facility as soon as possible.

## Fractures

The signs that you may be dealing with a fracture are obvious deformities of the limbs, pain upon touch, a grating noise or feeling when moved or rotated, and swelling and discoloration.

To treat an open fracture (bones are visible): Start by removing clothing from site, check pulse below injury, apply splint to include joint above and below, and minimize movement. Cover open fractures with clean dressing. Transport to medical treatment facility as soon as possible.

## Using Cipro

Cipro is a powerful antibiotic used for the prevention and treatment of bacterial infections, including anthrax. It is especially effective when used in conjunction with the anthrax vaccine. All ORI participants should carry a simulated five-day supply of Cipro.

Initial doses should be taken when command directed; subsequent doses should be taken every 12 hours. Do not skip or miss a dose. Be sure to record the date and time of the initial dose and all subsequent doses. A supply of simulation sheets will be maintained at the info booths; pick up one Cipro simulation sheet and one Atropine/2-Pam Chloride simulation sheet when entering Base X.



Arctic Warriors treat a fellow warrior for injuries. The ATSO Guide provides information about treating many types of injuries. Also, the diagram below can be used as a quick reference.

## Self-aid, buddy care key to staying in game

### External Bleeding

**Symptoms:** Bright red or dark red blood; pulse weak and rapid; eyes dull, pupils dilated; victim is thirsty, listless; nausea and vomiting.

**Actions:** Apply direct pressure; elevate if possible; apply tourniquet as a last resort; mark time applied on victim's forehead; and treat for shock.

### Internal Bleeding

**Symptoms:** If abdominal, the abdomen will be rigid and warm to the touch. Extremities will appear swollen and be warm to the touch.

**Actions:** Abdomen: Apply wide dressing on abdomen to stabilize. Extremity: Splint and elevate if possible. Treat for shock and transport to EMEDS as soon as possible.

### Sucking Chest Wound

**Symptoms:** Sucking sound from wound; frothy red blood around wound.

**Actions:** Cover wound with foil or an ID card then seal on the top and two sides, leaving the bottom open to allow air to escape. Turn victim onto injured side and treat for shock. Transport victim to EMEDS as soon as possible.

### Abdominal Evisceration

**Symptoms:** Abdominal organs visible

**Actions:** Do not put organs back in! Cover wound and organs with a clean, moist dressing and secure with more dressing. Bend knees to relax abdominal muscles. Treat for shock and transport to EMEDS as soon as possible.

### Extremity Fracture

**Symptoms:** Obvious deformity of the limb; painful to the touch; grating noise or feeling when moved or rotated; swelling and discoloration; bones are visible.

**Actions:** Remove clothing from affected area; check pulse below injury; apply splint, including joints above and below injury; and minimize movement. Do not try to set fracture or force bones back inside the skin. Cover open fractures with clean dressing; transport to EMEDS.

### Spinal Fracture

**Symptoms:** Lack of feeling in legs or arms; victim cannot move legs or arms; victim has been hit on the back or neck.

**Actions:** If the victim is in immediate danger, perform ABCD procedures. Move the victim using the best method available, trying to minimize movement of the head, neck and spine. If the victim is not in immediate danger, perform ABCD procedures and contact EMEDS for assistance.

