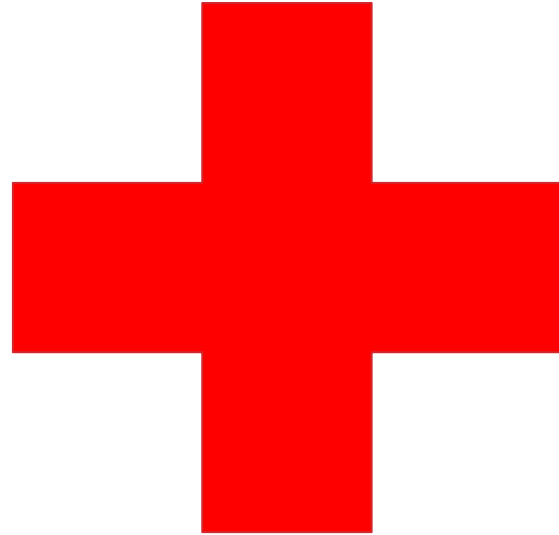


TREK FIRST AID TRAINING

2021



Common Trek Medical Conditions

- Blisters
- Chafing
- Heat Related
- Dehydration
- Sunburn
- Bites/Stings
- Sprains/Strains
- Fractures
- Bleeding
 - Noses
 - Cuts and scrapes
- Puncture Wounds
- Transporting Patients
- Covid 19
- Young Women

Blisters - Prevention

- Prevention is #1
- A pair of thin inner socks under thick hiking socks will reduce the friction (Knee high nylons work well)
- Wear shoes that are broken in!
 - Running shoes
- If you feel a hot spot forming, stop and fix it right away before it becomes a blister

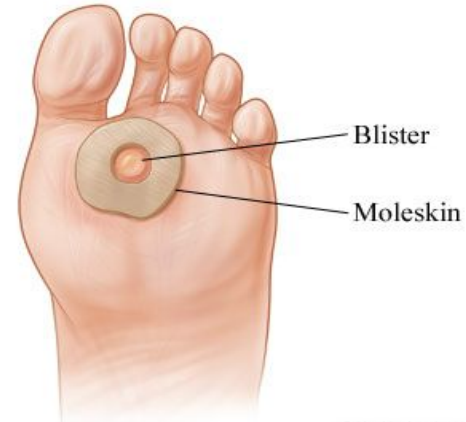


Blisters - Treatment

If you feel a hot spot developing, stop right away and use moleskin.

Using Moleskin:

- Clean and dry the area
- Cut moleskin to size and shape
- *Do NOT place directly over broken skin or blisters*
- For blisters or on broken skin cut a piece to fit surrounding area.



Chafing

- Results from skin rubbing on skin or clothing - worse with sweating
- Most common on the thighs, groin or underarms
- To prevent chafing:
 - If you sweat heavily, consider applying talcum or alum powder to commonly affected areas or wearing spandex shorts under dress/pants
 - If your underclothing becomes wet or sweaty, change into clean/dry underclothing
- Stop immediately to prevent worsening
 - Clean and dry the area thoroughly
 - Change into clean/dry underclothing
 - Apply petroleum jelly to any hot spot(s)

Heat Related Illnesses

Average Weather for June in Dragoon, AZ

Average Low	58.1°
Average Hi	92.4°
Record Low	41°
Record High	106°
Average Rainfall	0.4"
Average Snow	-



Dehydration Prevention

- Dehydration can lead to heat exhaustion, heatstroke, and death
- Prevention is the best remedy for dehydration
 - Drink plenty of water, even when you are not pulling handcarts
 - Drink to prevent thirst, not to quench it!
 - Spray bottles are a great way to help cool off

Dehydration Symptoms

- Headaches, dizziness and/or light headedness
- Dry mouth, eyes and lips
- Minimal urine
- Dark urine
- Muscle cramps
- Thick saliva



Dehydration - Treatment

- Sit and rest in the shade
- Give liquids in small doses (Too much at once can cause vomiting)
- Water, sports drinks, and oral rehydration solutions are best (Sports drinks and oral rehydration solutions replace both fluids and electrolytes)
- Do not give salt tabs (leads to further dehydration)
- Rest, stretch and massage any painful cramps

HEAT EXHAUSTION

Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.

HEAT STROKE

Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

Treatment

1) DIAL 911

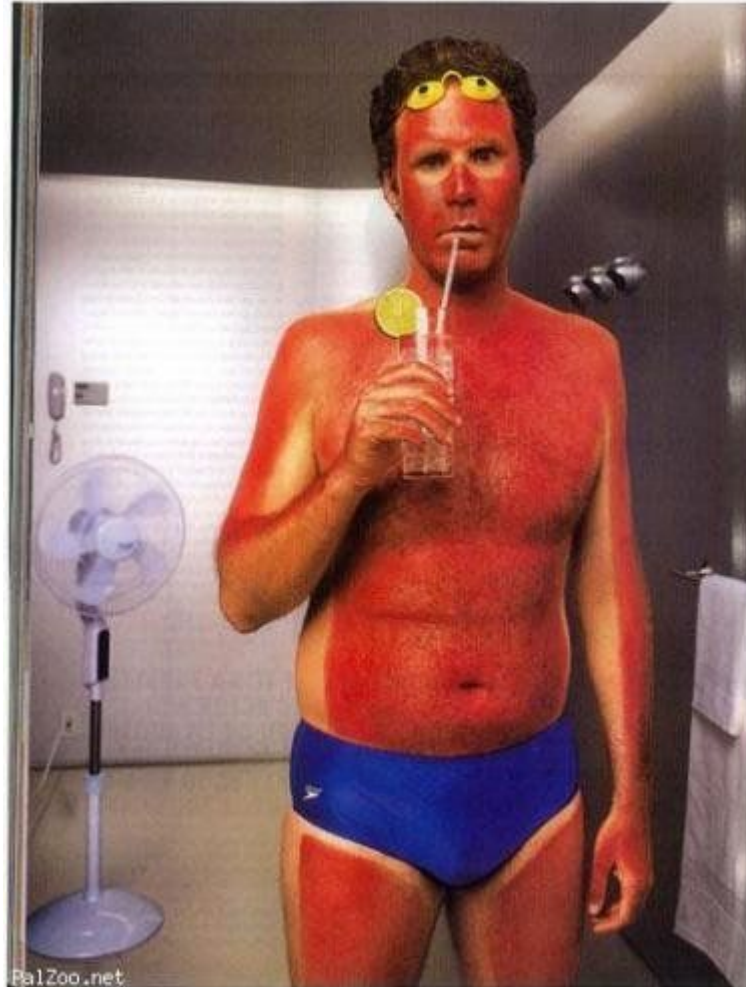
- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.



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Sunburn

- Wear bonnets, wide-brimmed hats, and long sleeves
- Frequently apply sunscreen on exposed skin



Bites/Stings

- To prevent insect bites/stings:
 - Use insect repellents that contain at least 20% DEET
 - Walk in the center of trails, avoid contact with foliage and brush
 - Avoid wooded and bushy areas with high grass
 - Wear clothing that covers the arms and legs

Bites/Stings Treatment

- Remove bee stinger and clean area of sting
- Apply ice to reduce pain and swelling
- If stung by a scorpion, let an adult know immediately!

Rattlesnake Bites

- Do not play with snakes or any wild animals
- Let an adult know immediately if you see a snake

IF YOU'RE BIT BY A SNAKE	
DO	DON'T
<ul style="list-style-type: none">● Remain calm and slowly move away from the snake● Remove any jewelry or tight clothes as you may start to swell● Reposition yourself so the bite is at or below heart level● Clean the wound, but not with water, and cover it with a clean, dry cloth● Try to remember the snake's color or shape	<ul style="list-style-type: none">● Use a tourniquet or apply ice● Cut the wound or try to suck out the venom● Drink any caffeine or alcohol● Try to capture the snake



SOURCE: The Mayo Clinic



Do's and Don'ts for Snake Bites

Sprains/Strains/Fractures

- It can be hard to tell the difference unless there is an obvious deformity
- If the person is unable to walk get medical help
- Just because the person can walk doesn't mean it's not broken



Sprain/Fracture Treatment

- Rest - Stay off the injury, or stop using it
- Ice - Apply cold pack or ice, if available
- Compress - Apply elastic wrap
- Elevate - Raise the injury to reduce swelling
- Call medical for assistance

Bleeding (Cuts & Scratches)

- Wash the wound thoroughly
- Apply antibiotic ointment and bandage(s)



Bleeding (Nosebleed)

Sit and lean
forward slightly



Breath through
mouth

Pinch nostrils

Puncture Wounds

- Usually more serious due to increased risk for infection.
- Don't cover at first or put pressure on it unless there is a lot of bleeding (Let it bleed a little to push any bacteria out)
- Request medical assistance if something other than a sliver or thorn is stuck in the body

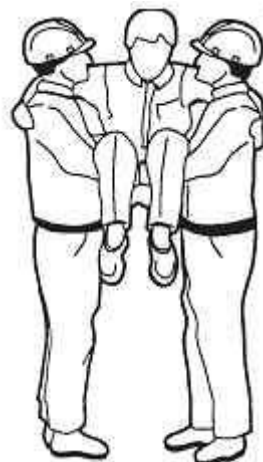
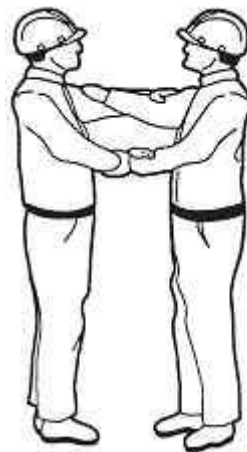
Laceration



Puncture wound



Transporting Patients



COVID-19

- Everyone should take their temperature before travel and participation in trek activities
- Stay home if you have any symptoms of COVID-19 (temperature >100.4F, fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)
- Plan on wearing a face mask or gator that cover your nose and mouth when close to others
- Good hand hygiene (use soap and water or hand sanitizer) - one of the best ways to avoid getting sick

Summary

- Dress appropriately
- Wear appropriate shoes
- Stay hydrated
- Pay attention to your surroundings and
- Don't be this guy.....



Females

- All young women, whether they expect to be on their periods or not, should come prepared with their regularly used feminine hygiene products
- Additional feminine products will also be available at or near the latrines
- Latrines will be placed at regular intervals along the trail and at camps
- You may bring and use Tylenol, Ibuprofen, Midol, or other pain medications to ease cramping (You should be familiar with how to take them and will be allowed to self-minister these medications as needed for pain)