

# First Aid Quick Reference

Prevention	Problem	Signs & Symptons	Treatments
Proper shoes, socks (one thin pr. and one cotton pr.) Break in Shoes, Apply moleskin to heel and bony prominences, go on preparation hikes	Blisters	Hot spots, sweating feet, pain, bleeding, watery discharge	Wash with soap & water, apply moleskin to hot spots, apply 2nd skin to blister area then moleskin with doughnut hole for blister, wear clean socks
Drink 1/2 water bottle every 30 min.,Wear a hat, rest breaks	Dehydration - First Stage	Thirst, dry mucosa (lips, mouth, eyes), fatigue, Headache	Drink water, rest breaks
	Heat Exhaustion - Second Stage	Pale, clammy skin from heavy sweating, nausea and fatigue, dizziness and fainting, headache, muscle cramps, weakness	Keep person in cool, shady area. Remove excess clothing, drink water, apply wet cloths or ice if available to underarms, head, groin.
	Heatstroke - Third Stage	Very hot skin, person no longer sweating, rapid and quick pulse, noisy breathing, confusion and irritability, combative, unconsciousness	Same as heat exhaustion but get person to hospital as quickly as possible (put person in stream or tub of water if available)
Sunblock - apply every 4-6 hours, Wear a hat, Wear protective clothing, wear sunglasses	Sunburn	Red skin, blistering skin, pain	Apply Aloe Vera, keep in shade or wear protective clothing, Use sunblock next exposure to sun
Mosquito Repellant - Apply every 4-6 hours	Insect Bites	Itching, raised area	Apply anti-itch cream, don't scratch bite
Wear "Under armor"	Friction Burn	Chaffing, raw skin in groin area, ulceration	Wash with soap and water, Apply zinc oxide cream
Pay attention to what you are doing	Minor Cuts/ Scrapes	Bleeding, pain	Apply pressure to cut to stop bleeding, Wash thoroughly with soap and water, Apply antibacterial cream, bandaid or gauze dressing
Swab inside of nose with vaseline	Nose bleeds	Bleeding	Sit up and lean forward, Apply continuous pressure to nose with thumb and forefinger for at least 10 min. Insert cotton or wadded tissue into each nostril and apply ice or cold cloth to bridge of nose if bleeding persists.
Wear proper shoes, watch where you step	Sprained Ankle	Sudden loss of balance, pain in ankle, swelling	Elevate ankle, keep shoe on until examined by medical supervisor, Apply ice pack, If minor, wrap with ace wrap in figure 8 and stay off ankle. If excessive swelling and pain, transport to hospital