

WEST: Helping Others

Really Basic First Aid

The Compass Rose Curriculum



What is First Aid?

It's the first things you do for someone who has something wrong with them. That "someone" might be you. In the real world of hiking and backpacking, whatever is wrong is probably easy to manage. Those injuries and ailments are the focus of this module.



Foot Blisters

They begin as "hot spots." Something is rubbing. They're easy to fix, with moleskin (no, it isn't the skin of a mole), or just with medical tape. The problem arises when someone with a hot spot doesn't say anything, for fear of delaying the group or drawing attention. The result can be an open wound in one of the worst places a hiker can have an open wound. Your trip leaders will teach you to patch a hot spot. You'll also learn the importance of proper socks, and boots that fit.



Nicks and Scrapes

Just part of life in the mountains. But every wound is a potential infection path, so every wound needs to be cleaned, and watched for signs of infection. Some need to be dressed. An alcohol wipe and a band aid will usually do the trick. Your trip leaders will teach you how to care for minor wounds.

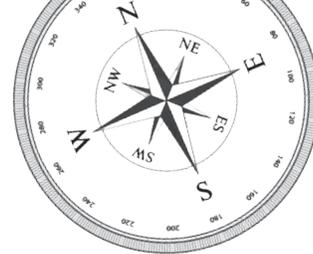


Are You Ok?

If you ask a fellow hiker if they're ok, it means that you think they may not be. In the mountains, we need to pay attention to one another, because someone who doesn't seem ok could be on the way to a big problem. Fairly common problems among hikers in general are dehydration and low blood sugar. (As a J.U.M.P. hiker, you'll learn how to "water and fuel" properly.) Someone who isn't ok needs to sit down for a while, consume carbohydrates, drink water, and be closely monitored. He or she will probably be ok after a while. Your trip leaders will teach you how to evaluate a struggling hiker, and what you can do to help, including moral support.

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Thermonuclear Radiation Burns

The less dramatic term is sunburn. It doesn't feel good, and isn't good for your health. You can get sunburned on an overcast day, particularly in the mountains. Your best defenses are the right headwear, the right clothing, and sunscreen. We'll teach you what those "SPF" numbers actually mean, and how to apply the stuff effectively. You'll also learn how to treat minor cases of sunburn.



Sprains and Strains

These are injuries to ligaments and tendons, respectively. (Ligaments attach bones to bones. Tendons attach bones to muscles.) Sprains and strains are caused by a stretching force that exceeds the normal range of motion of a joint, usually an ankle or knee. Although they're painful, they can normally be managed in a way that allows the injured hiker to walk slowly to the trailhead, with assistance.

You'll learn the signs and symptoms of a strain or sprain (versus a misstep that just produces an "ouch!"). You'll also learn the R.I.C.E. (Rest, Ice, Compression, Elevation) treatment for a sprain or strain, how to improvise a cold pack, and how to wrap, or if necessary splint, the injury.



Heat and Cold Emergencies

These are addressed in a separate Compass Rose module.

We'll teach you more about emergency care, once you've mastered this basic module.

[Parents and Guardians: Please contact us with your questions and concerns regarding health and safety, prescription medications, or our emergency medical training and emergency protocols.]

Training Standard

Skill	Initial	Date
Demonstrate how to tape a "hot spot".		
Demonstrate how to treat a minor wound.		
Role-play how to evaluate and assist a struggling hiker.		
Explain J.U.M.P.'s sunburn precautions.		

Trainee's printed name

Instructor's name

This training is valid for one year

