

First Aid ¹

First aid procedures are amply covered in Chapter 11 of Bradley (2011) and others. This section is short. It has two foci. First is the difference between frontcountry and backcountry protocols. Second is the addition of a first-aid manual to your first-aid kit.

Front-country versus Backcountry Protocols – In a time of disaster or major crisis, medical services may not be readily available. By definition, their triage protocols may change significantly so that only life threatening victims are treated. In this respect, the backcountry protocols may be more applicable. Essentially, if you are over three hours from a hospital or similar care, use the backcountry protocols. As you read Bradley (2011), he straddles the issue between frontcountry and backcountry protocols and emphasizes traditional frontcountry protocols. As you read his first aid section note how many of the treatments require doctor or hospital care. It may not be available.

First-Aid Manual – It is suggested that the half-life of first-aid training is six months. This means that you will forget half of what you learned after six months if you don't constantly train and update your skills. This is not a criticism but a simple statement that *if you don't use it, you will lose it*. For this reason, the most valuable addition to your first aid kit is a manual on first aid where you can quickly review the symptoms and treatments in time of crisis. One manual is Buck Tilton's *Backcountry First Aid and Extended Care*. It is small and designed to fit in your first aid kit. It could easily be the most valuable addition to your first-aid kit.

References:

- Bradley, A., (2011). *Handbook to Practical Disaster Preparedness for the Family*. Self-Published.
- Tilton, B, (1998). *Backcountry First Aid and Extended Care (3 ed)*. Guilford, Connecticut: Globe Pequot Press.

¹ This essay was written by Robert B. Kauffman who is solely responsible for its content. This article is copyrighted © Robert B. Kauffman, 2015. Robert B. Kauffman, Professor of Recreation and Parks Management, Frostburg State University, Frostburg, MD 21532. e: rkauffman@frostburg.edu.