

_____ Because this is a distracting injury, apply a collar and head blocks and use SMR (with the padding under the knees).

_____ Fasten the binder: a) *If using a sheet*, draw the two ends of the sheet together over the symphysis pubis, compressing the hips (greater trochanters) together. Then tie the sheet ends together snugly using an overhand knot. Plastic ties are in some cases better than using an overhand knot if available.

6. Using the photos on page 26 of the workbook, indicate which items are suitable to treat heat-related illnesses, by placing the corresponding numbers under each photo. Some may be used more than once.

Not suitable = 0

Heat syncope = 1

Heat cramps = 2

Heat exhaustion = 3

Heat stroke = 4

- a. Provide shade _____
- b. Alcoholic beverages _____
- c. Call 911 _____
- d. Drink water _____
- e. Ice packs _____
- f. Cold beer _____
- g. Drink water with salt added _____
- h. Immerse in water _____
- i. Sports drinks _____
- j. Shade with umbrella or tarp _____
- k. Assist with epi pen _____
- l. Direct sunlight _____

Case Review: After the Patrol arrived what did they do to help me? Be prepared to discuss at your refresher. Use the space below to jot down notes.