

	Hike Leader 1st Aid Reference	
inReach	True Emergency-Victim is Unable to Walk or other dire situation and No Cell Service.	Familiarize with device. Stay put. Emergency Response may be at least 1 hour away.
Injury/Condition	Common Symptoms	Field Treatment
Stroke	F.A.S.T. = F acial drooping (have them stick out tongue), A rm weakness and/or numbness, S peech Difficulty (have them say: <i>The sky is blue</i>), T ime to call 911	Time is critical; get medical help ASAP - call 911 or use inReach if no cell service. Hike should be terminated.
Heart Attack	Multiple symptoms including pressure, tightness, pain, or a squeezing/aching sensation in the chest or arms that may spread to the neck, jaw or back, dizziness, shortness of breath, cold sweat, abdominal pain, indigestion, nausea, weakness.	Time is critical; get medical help ASAP - call 911 or use inReach if no cell service. Hike should be terminated. Ask person if has aspirin allergy, on blood thinners, or has been advised against taking aspirin. If directed by 911, have person chew one 325 mg tablet aspirin.
Unresponsive	No heart beat, no breathing	Time is critical; get medical help ASAP - call 911 or use inReach if no cell service. Hike should be terminated. Start CPR = 100 compressions per minuter - sing Staying Alive.
Heat Exhaustion	Intense sweating, pale face, nausea, vomiting, cool and moist skin (clammy), headache, and cramps	Rest in shade; cool down with water and cooling cloth - drink water and electrolytes; food if able to. Suggest drinking electrolyte powder mix (Liquid IV Hydration pkg).
Heat Stroke	High temperature, stops sweating, flushed face, dry skin, (not clammy as with heat exhaustion), weak or rapid pulse, confusion, poor judgment, extreme irritability, unconsciousness, or seizures.	Very serious - cool down in or with water and cooling cloths. Time is critical; get medical help ASAP - call 911 or use inReach if no cell service. Hike should be terminated. Suggest drinking electrolyte powder mix (Liquid IV Hydration pkg).
Injury/Condition	Common Symptoms	Field Treatment

Rattlesnake Bite	Fang Marks + Victim may be excited, have weakness, dizziness, nausea, numbness, swelling, etc.	Calm victim, draw circle/add time around fang marks with sharpie, loosen any restrictive clothing/jewelry. Time is critical; get medical help ASAP - call 911 or use inReach if no cell service. Hike should be terminated.
Broken Bone (Fracture)	Swelling, protruding bone, limb deformity.	Immobilize with SAM Splint, or use branch or hiking pole and bandage to stabilize.
Sprains	Significant pain / swelling over joint.	Wrap with Ace bandage.
Significant Lacerations	Cuts, tears, or deep skin punctures.	Clean wound with water and antiseptic; apply antibiotic ointment and bandage. Apply pressure to stop bleeding and if significant bleeding, consider using QuikClot.
Minor Cuts and Abrasions	Minor pain and bleeding	Clean wound with water and antiseptic; apply antibiotic ointment and bandage.
Fall with Significant Head Impact	Headache, dazed, dizziness, confusion, nausea and/or vomiting.	Treat as concussion and rest in shade until capable of standing and walking. Terminate hike to avoid a second fall.
Simple Falls w/o Significant Injury	Shaken up; dazed.	Mandatory rest in shade for a few minutes.
Contact with Cactus: Cholla, etc	Spines embedded in skin.	Remove Cactus (Cholla balls, etc) with comb; remaining spines remove with pliers or tweezers.