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# Survival First Aid

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## Priority First Aid Actions

### Remember the ABCs of Emergency Care:

- Airway
- Breathing
- Circulation

#### *Open the Airway*

Make sure that any injured person has an open airway and can breathe if they are capable. Remove any obstruction and keep the airway open.

#### *Make sure the person is Breathing*

Make sure that an injured person is breathing or can breathe on their own after you open their airway. Check to make sure that they are able to continue breathing without assistance

#### *Make sure their heart is Beating*

Once that you have assessed the airway and breathing, it is easy to determine if a person has a beating heart: if they are breathing then you can pretty much be sure that their heart is beating. If not, you may need to begin CPR. Stop and control any bleeding.

#### *Treat all injuries that you can, within your abilities and your level of First Aid training, with the supplies that you have on-hand.*

Assess and treat any minor bleeding, any fractures, or any burns within the guidelines of the First Aid merit badge and the Emergency Preparedness merit badge. Do not go beyond what you are trained to do in administering treatment. It is possible to do more harm than good.



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Always remember that one of the most important things that all Scouts are trained to do is Treat For Shock. This one basic treatment has saved more lives than any other type of treatment alone. And it is something that every Scout is trained to do effectively.

Having a well-prepared survival kit with a well-prepared First Aid component kit will be one of the best things to have on-hand in a situation where you actually need to use it.

More lives are saved by the timely administration of high quality basic First Aid care, but perhaps one of the most difficult ideas to accept when it comes to being in a survival situation is that there will be times when there is nothing that you can do to treat an injured person. That is when you do what you can within your level of training, and then concentrate on the other priorities of survival, with a concentration on signaling and attracting attention.

Treatment for shock and a timely rescue is often the best thing when it comes to caring for someone who may be injured and in a survival situation.