EO C190.05 – IDENTIFY ENVIRONMENTAL INJURIES

1. **Performance**: Identify Environmental Injuries
2. **Conditions**:
   a. Given:
      (1) Supervision, and
      (2) Assistance as required.
   b. Denied: Nil.
   c. Environmental:
      (1) Suitable classroom facilities / training area large enough to accommodate entire group; or
      (2) Aircrew survival exercise training area.
3. **Standard**: The cadet shall identify environmental injuries, to include:
   a. hiking injuries,
   b. frostbite injuries,
   c. hypothermia, and
   d. heat-related injuries.
4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain how to recognize hiking injuries, to include: a. blisters, b. shin splints, c. muscle cramps, and d. sprains.	Interactive Lecture	5 min	C3-007 (pp. 163–164) C3-014 (p. 213) C3-013 (pp. 120–121) C3-003 (p. 306)
TP2	Explain how to recognize frostbite injuries, to include: a. incipient frostbite (frost nip), b. superficial frostbite, and c. deep frostbite.	Interactive Lecture	5 min	C3-015 (pp. 129–130)
TP3	Explain how to recognize the signs and symptoms of hypothermia.	Interactive Lecture	5 min	C3-015 (pp. 120, 122–124)

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TP	Description	Method	Time	Refs
TP4	Explain how to recognize heat-related injuries, to include: a. heat cramps, b. heat exhaustion, c. heatstroke, d. sunburn, e. sore eyes, and f. dehydration.	Interactive Lecture	10 min	C3-002 (pp. 446–448)

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation**: An interactive lecture was chosen for this lesson to orient the cadets to environmental injuries and generate awareness of the subject.

7. **References**:

   a. C3-002 ISBN 0-00-653140-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: HarperCollins Publishers.

   b. C3-003 ISBN 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Author.

   c. C3-007 ISBN 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Simon & Schuster.

   d. C3-013 ISBN 0-7360-4602-X Clark, N. (2003). *Nancy Clark's sports nutrition guidebook*. United States: Author.

   e. C3-014 ISBN 0-3955-2808-9 Alter, J. (1986). *Stretch & strengthen*. United States: Author.

   f. C3-015 ISBN 089886-643-X Weiss, H. (1992). *Secrets of warmth for comfort or survival*. Seattle, WA: The Mountaineers.

8. **Training Aids**: Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for the training area.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

11. **Remarks**: The directives outlined in CATO 11-08 *Environmental Protection and Stewardship* are to be adhered to during this training.

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