EO C390.12 – PERFORM MINOR FIRST AID IN A FIELD SETTING

1. **Performance.** Perform Minor First Aid in a Field Setting.

2. **Conditions**

   a. Given:

      (1) Cord,

      (2) First aid kit,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting during the day.

3. **Standard.** The cadet shall perform minor first aid in a field setting, to include:

   a. taking action at the scene;

   b. moving a casualty to shelter, if necessary; and

   c. treating minor wounds and first-degree burns.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Demonstrate and have the cadets perform minor first aid for the following: a. breathing problems, to include the recovery position, b. exposure, c. shock, to include: 1. describing the circulatory system; 2. identifying the causes; 3. recognizing signs and symptoms; 4. preventing; and 5. treating; and d. dehydration, to include: 1. recognizing signs and symptoms; and 2. identifying prevention methods.	Demonstration and Performance	25 min	C2-030 (pp. 2–12, p. 52)
TP2	Demonstrate and have the cadets practice actions to be taken at an emergency scene, to include: a. ensuring personal safety; and b. following the steps in the Priority Action Approach, to include: 1. Airway and cervical spine (A),	Demonstration and Performance	30 min	C2-030 (pp. 13–17)

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TP	Description	Method	Time	Ref
	2. Breathing (B), 3. Circulation (C), 4. Deadly bleeds (D), and 5. Shock (S).			
TP3	Demonstrate and have the cadets move a casualty to shelter, to include: a. moving and carrying over short distances, to include: 1. drags, 2. tarp drag method, 3. single-rescue carries, to include: (a) packstrap carry, (b) pickaback carry, and (c) carrying seat; and b. carrying over long distances using two-person carries, to include: 1. the fore-and-aft lift and carry, and 2. two-hand seat.	Demonstration and Performance	30 min	C0-111 (p. 1020) C2-030 (pp. 18–33)
TP4	Have the cadets identify: a. minor wounds, to include: 1. abrasions and scrapes, and 2. nicks and cuts; and b. types of burns, to include: 1. first-degree burns, 2. second-degree burns, and 3. third-degree burns.	Interactive Lecture	10 min	C2-030 (pp. 117–133, pp. 214–226)
TP5	Demonstrate and have the cadets treat: a. minor wounds, to include: 1. abrasions and scrapes, and 2. nicks and cuts; and b. first-degree burns, to include: 1. heat burns, and 2. radiation burns (sunburns).	Demonstration and Performance	15 min	C2-030 (pp. 117–133, pp. 214–226)

5. **Time**

a.	Introduction/Conclusion:	10 min
b.	Demonstration and Performance:	100 min
c.	Interactive Lecture:	10 min
d.	Total:	

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120 min

6. **Substantiation**

   a. Demonstration and performance was chosen for TPs 1–3 and 5 as it allows the instructor to explain and demonstrate minor first aid while providing an opportunity for the cadet to practice and develop these skills under supervision.

   b. An interactive lecture was chosen for TP 4 to introduce the cadets to the treatment of minor wounds and burns.

7. **References**

   a. C0-111 (ISBN 978-0-9740820-2-8) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Lebanon, NH: Leonard Paul Tawrell.

   b. C2-030 (ISBN 0-7710-8250-9) Merry, W. (1994). *St. John Ambulance: The Official Wilderness First Aid Guide*. Toronto, ON: McClelland & Stewart Inc.

8. **Training Aids**

   a. Presentation aids (eg, whiteboard/flip chart/OHP/multimedia projector) appropriate for the classroom/training area,

   b. Cord, and

   c. First aid kit.

9. **Learning Aids**

   a. Cord, and

   b. First aid kit.

10. **Test Details.** N/A.

11. **Remarks.** There is no requirement for a qualified first aid instructor to teach the material contained in this lesson, as the cadets are not required to qualify in first aid; however, the instructor should be a qualified first-aider.

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