EO M121.06 – IDENTIFY ENVIRONMENTAL INJURIES

1. **Performance:** Identify Environmental Injuries
2. **Conditions:**
   a. Given:
      (1) Supervision, and
      (2) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify environmental injuries, to include:
   a. cold-related injuries, and
   b. heat-related injuries.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain how to identify cold-related injuries, to include: a. frostbite injuries, such as: 1. surface frostbite, 2. deep frostbite, and 3. treatments; and b. hypothermia, to include: 1. mild exposure, 2. moderate exposure, 3. severe exposure, and 4. treatments.	Interactive Lecture	15 min	C2-009 C2-008 (pp. 448-449)
TP2	Explain how to identify 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	C2-004 (pp. 129 - 130) C2-008 (pp. 446 - 449)

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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 introduce the cadets to environmental injuries.

7. **References:**

   a. C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.

   b. C2-008 0-00-265314-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: Harper Collins Publishers.

   c. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** This lesson should be delivered prior to the bivouac exercise. Cadets will be able to use knowledge gained to employ basic risk management skills while in the outdoors.

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