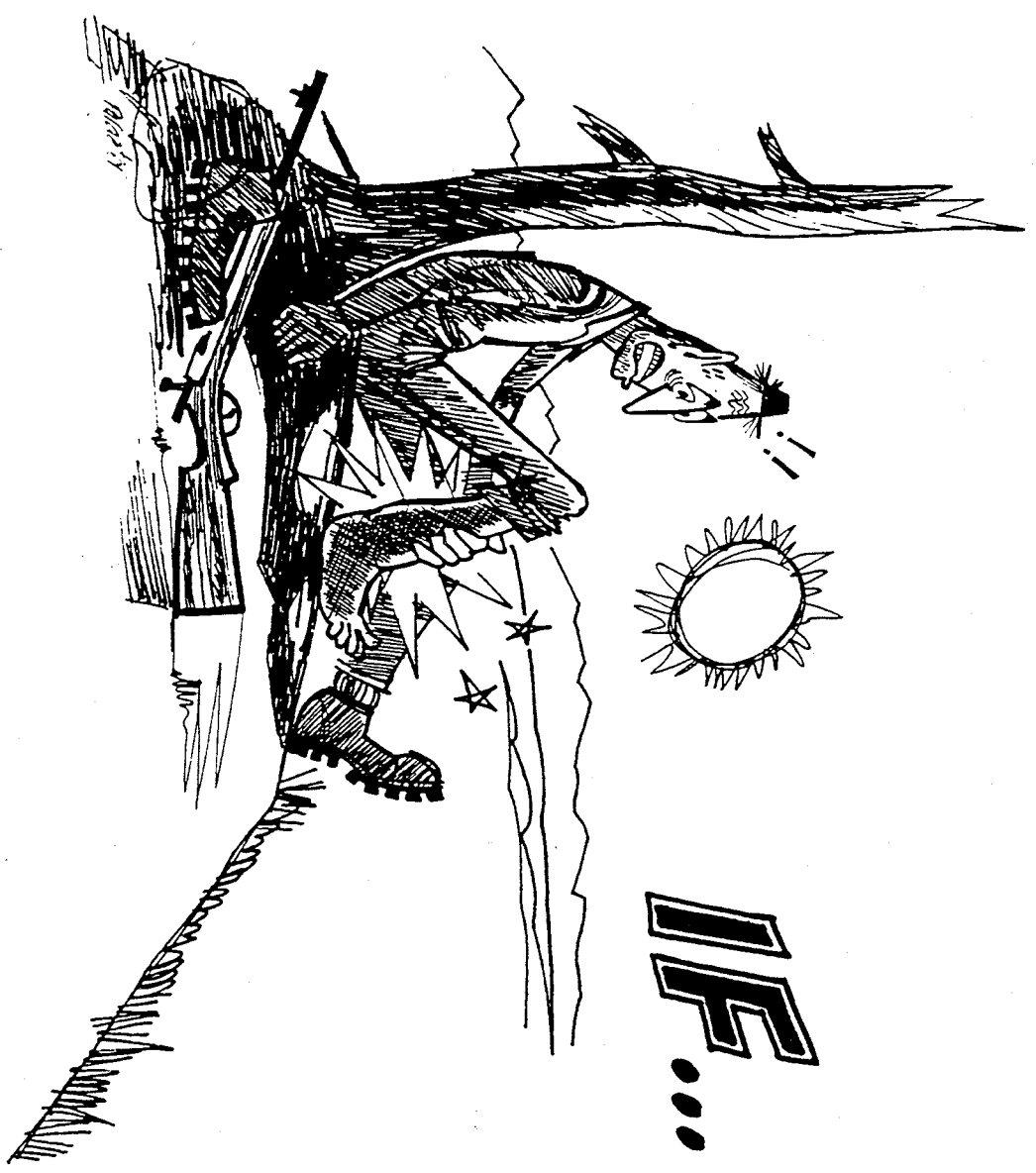
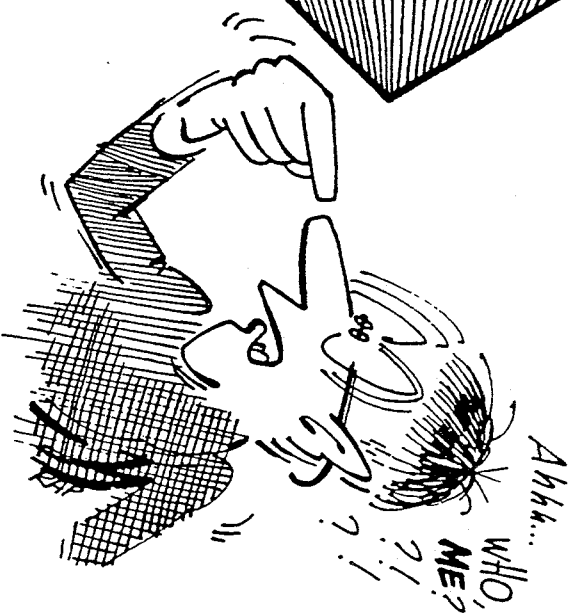
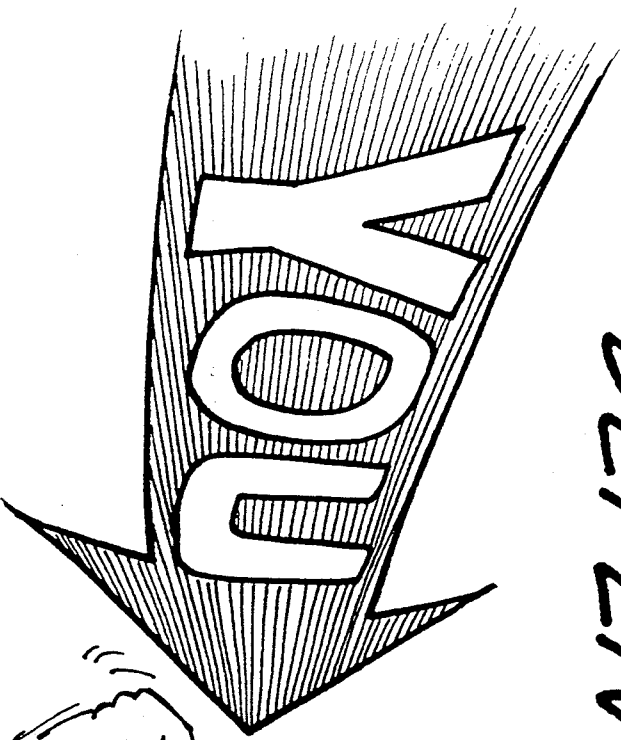


IF...



"...If no one knows where you are, or knows your needs, there is no way they can help!"

DEFENSIVE LIVING IS...



YES, YOU.
STAYING ALIVE
IN ANY SITUATION,

YOUR KNOWLEDGE,
BODY AND
LIMITED RESOURCES,

AGAINST ALL THREATS

SELF FIRST AID

- DIAGNOSE YOUR ACHES, PAINS AND MISERIES BEFORE THEY INCAPACITATE YOU.

PAIN ANYWHERE IN YOUR BODY IS YOUR NERVOUS SYSTEM SAYING THAT SOMETHING IS WRONG AT THAT SPOT

ONLY YOU CAN ACT TO RELIEVE PROBLEM CAUSING STRESSES

• MOST ACHES, PAINS, MISERIES ARE SELF-INFLICTED

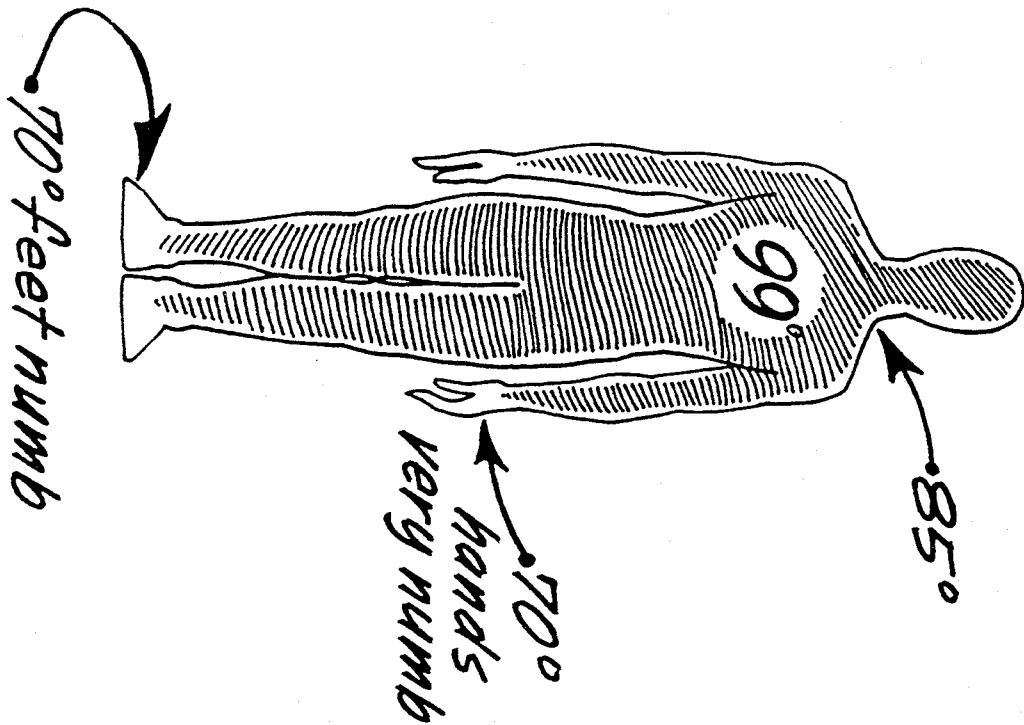
COLD INJURIES

1. Hypothermia

2. Localized Injuries

- Frostbite
- Frost Nip
- Immersion Foot
- Chilblains

GOLD'S EFFECT UPON THE BODY



AS THE BODY COOLS,
BLOOD VESSELS
CLOSE TO THE COOL
SKIN SURFACE,
CONTRACT TO
PREVENT COOLING
THE BLOOD.

EFFECTIVE TEMPERATURE AT WHICH COMMON COLD WEATHER INJURIES OCCUR. (NO WIND)

DEGREES FAHRENHEIT

DRY CONDITIONS

WET CONDITIONS

PHYSICAL CONDITIONING,
EXERCISE, CIRCULATION
IMPAIRMENTS AND
INDIVIDUAL METABOLISM
ALL HAVE AN EFFECT
ON THE RELATIVE
TEMPERATURES AT
WHICH THESE INJURIES
MAY OCCUR.

HYPOTHERMIA

HYPOTHERMIA
(DANGER ZONE FOR WET OR DRY
CONDITION IS 68° F AND BELOW.)

CHIL-
BLAINS

IMMERSION OR
TRENCH FOOT

FREEZING (FRESH WATER)
FREEZING (SALT WATER)
ZONE IN WHICH UNWASHED SKIN
(NATURALLY OILY) MAY REMAIN
UNFROZEN FOR A PERIOD OF TIME.

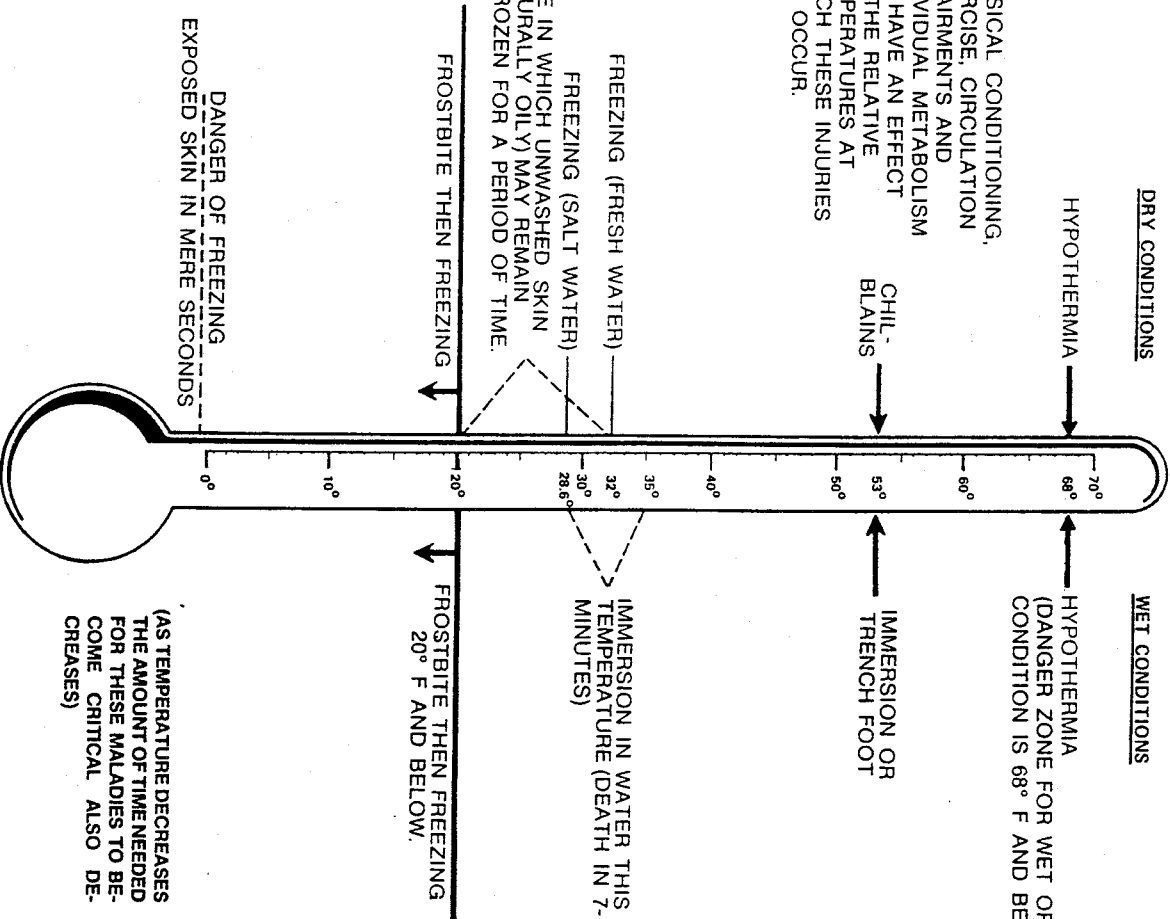
IMMERSION IN WATER THIS
TEMPERATURE (DEATH IN 7-15
MINUTES)

FROSTBITE THEN FREEZING

FROSTBITE THEN FREEZING
20° F AND BELOW.

DANGER OF FREEZING
EXPOSED SKIN IN MERE SECONDS

(AS TEMPERATURE DECREASES
THE AMOUNT OF TIME NEEDED
FOR THESE MALADIES TO BE-
COME CRITICAL ALSO DE-
CREASES)



FROSTBITE *or Freezing Injuries*

FIRST AID

Problem Indicators

- Prolonged coldness, numbness in exposed flesh areas.
- Whiteness to pink flesh.
- White spots on pink flesh.
- Obvious exposure to extreme cold.

TREATMENT

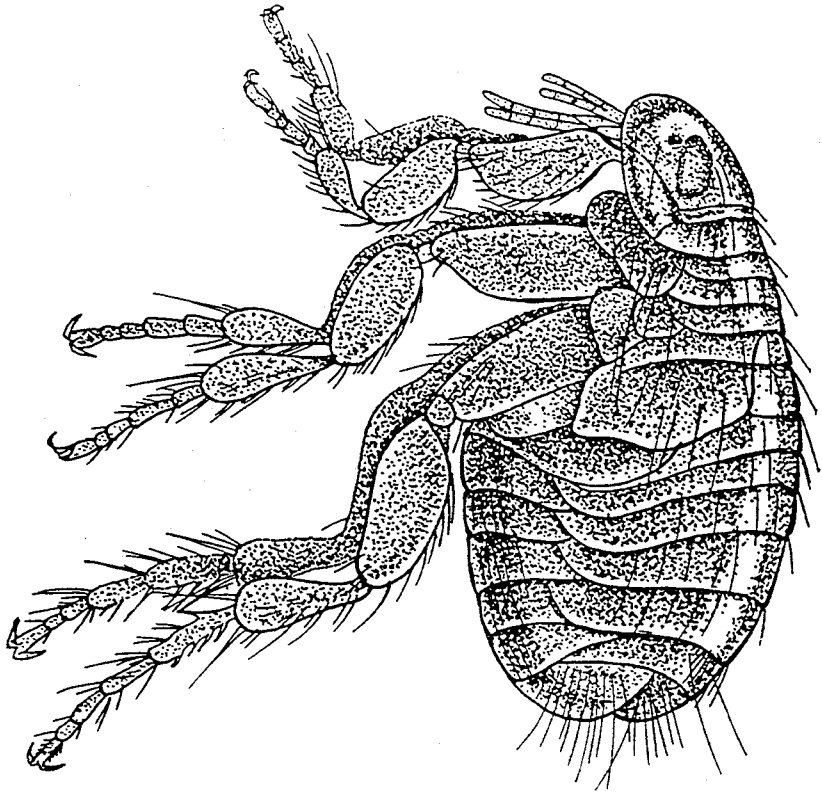
- Remove all constricting clothing to promote circulation. Drink warm liquids.
- Do not allow frostbite victim to walk on, or use, injured area, unless absolutely necessary.
- Elevate the injured area during transport.
- Smoking and alcohol use are forbidden to patient.

GREATEST DANGER FROM
HEAT OR COLD INJURIES, OR
WATER MISMANAGEMENT
IS NOT THE AFFECTED FLESH.

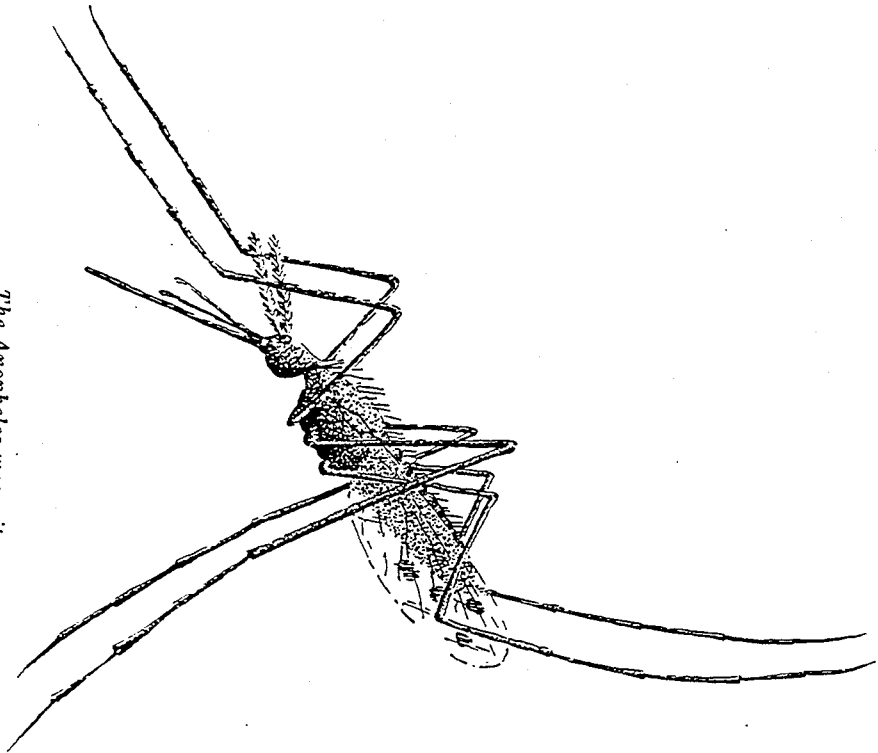
- * IT IS: THE CARELESSNESS
- LOSS OF MUSCLE COORDINATION
- DETERIORATING JUDGMENT
- LOSS OF USEABLE KNOWLEDGE

ONLY YOU
CAN PREVENT IT

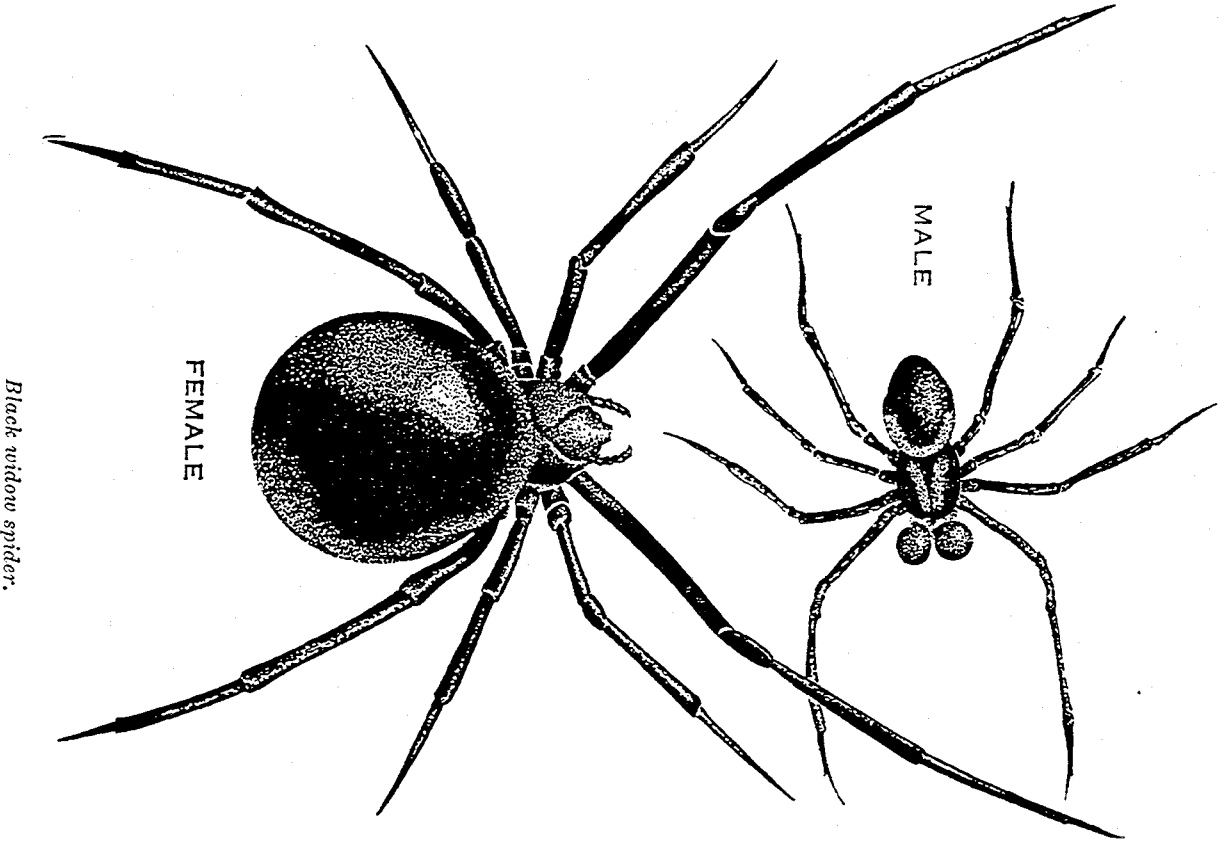




Flea.



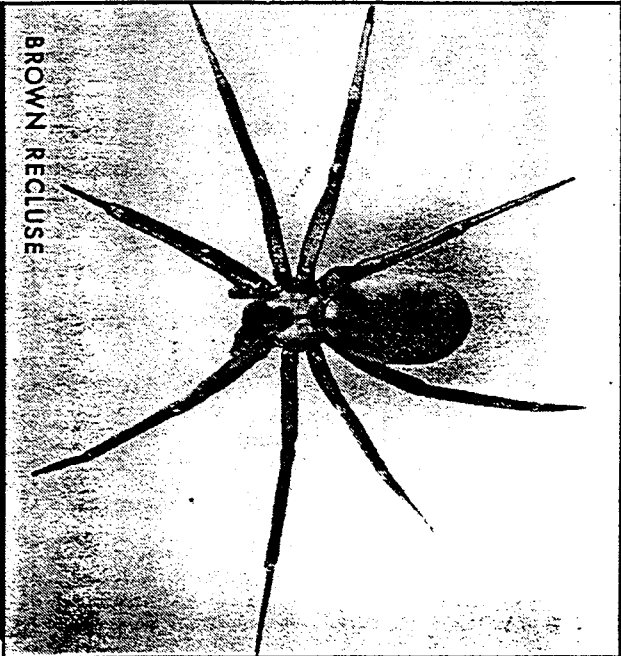
The Anopheles mosquito.



FEMALE

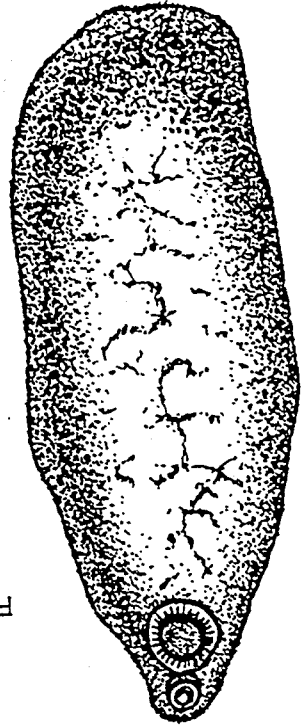
MALE

Black widow spider.

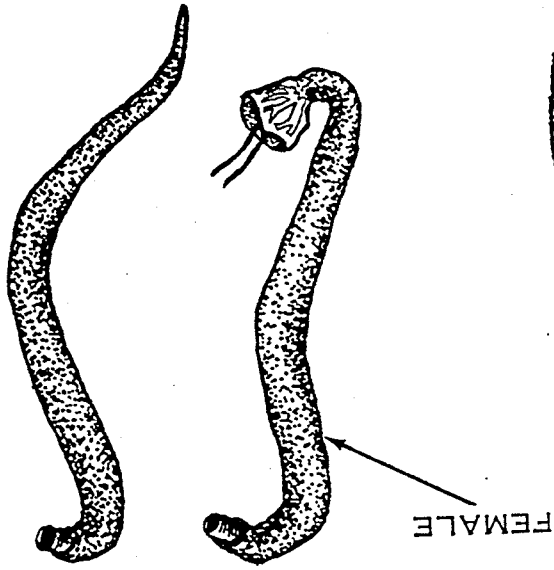


BROWN RECLUSE

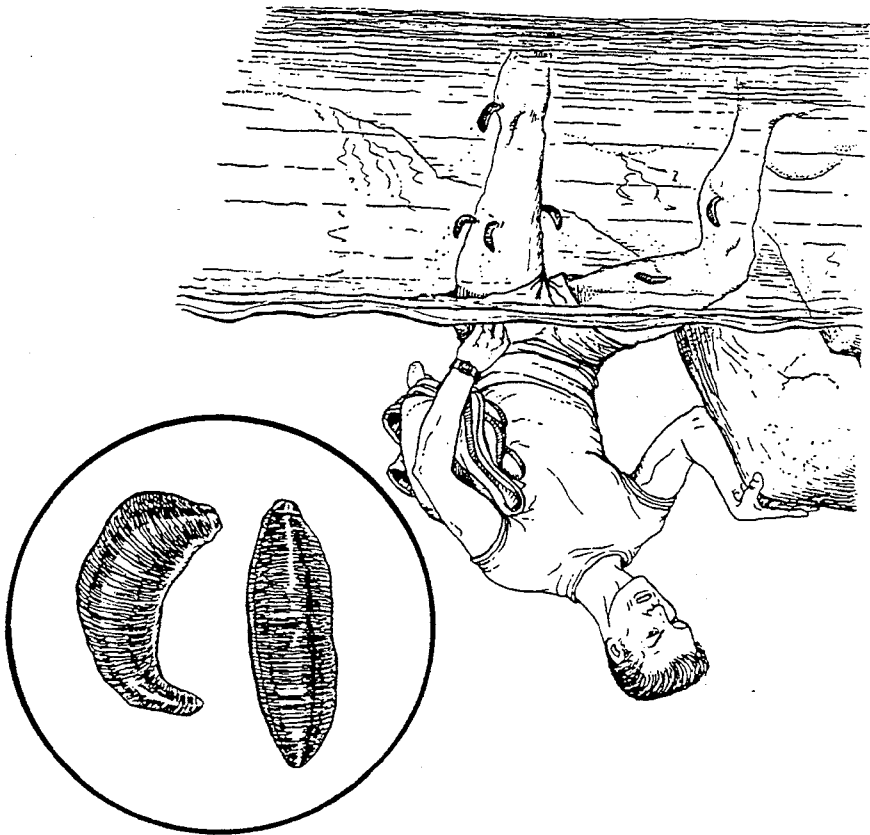
FLUKES

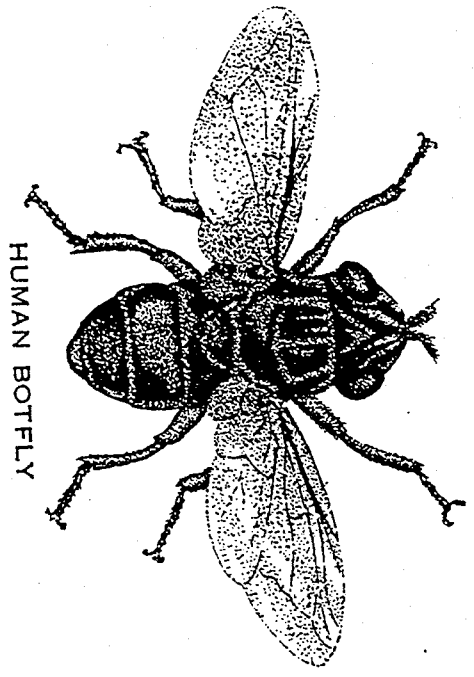


HOOKWORMS

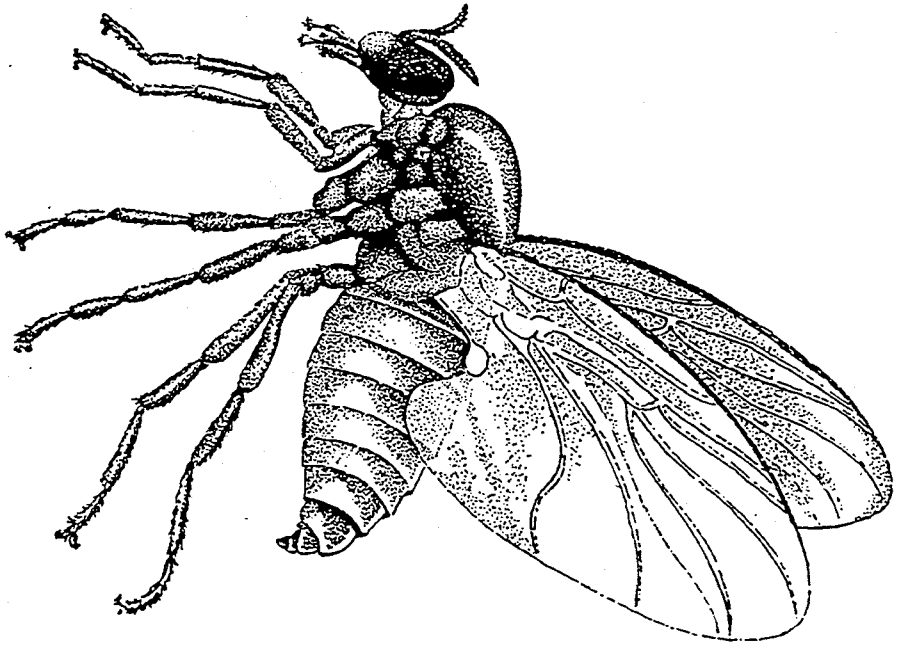


Leeches.

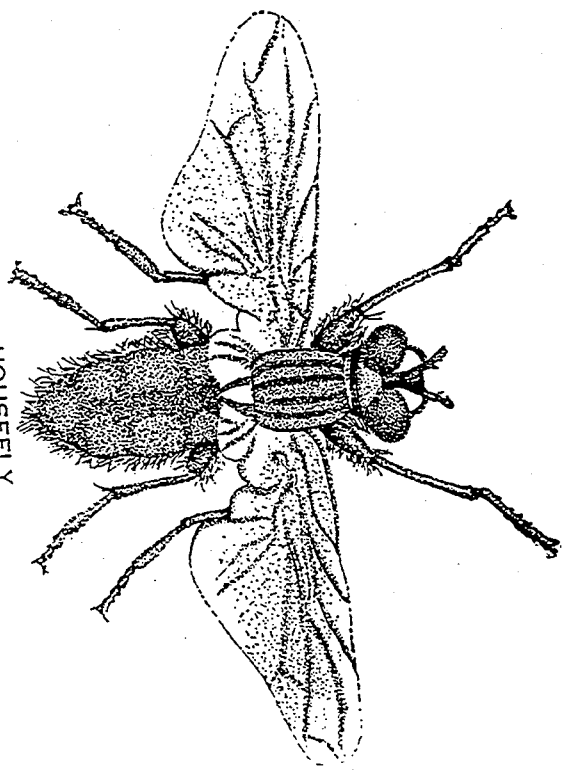




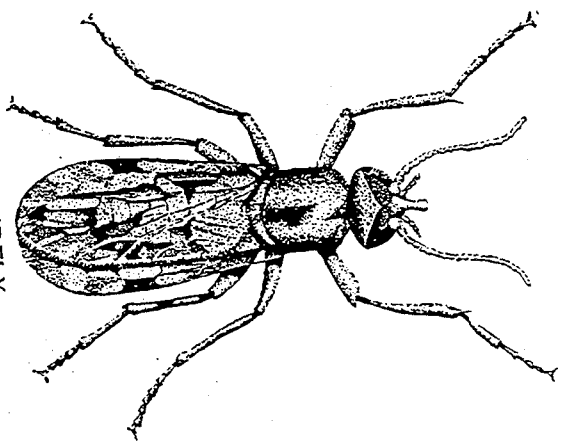
HUMAN BOTFLY



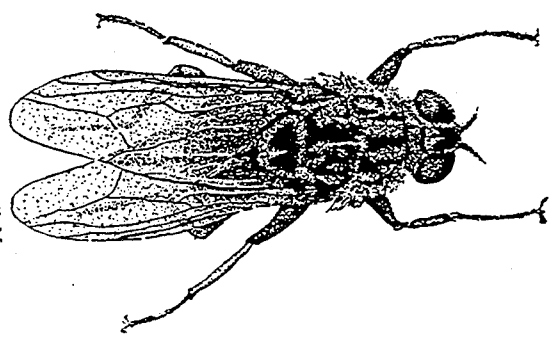
BLACKFLY



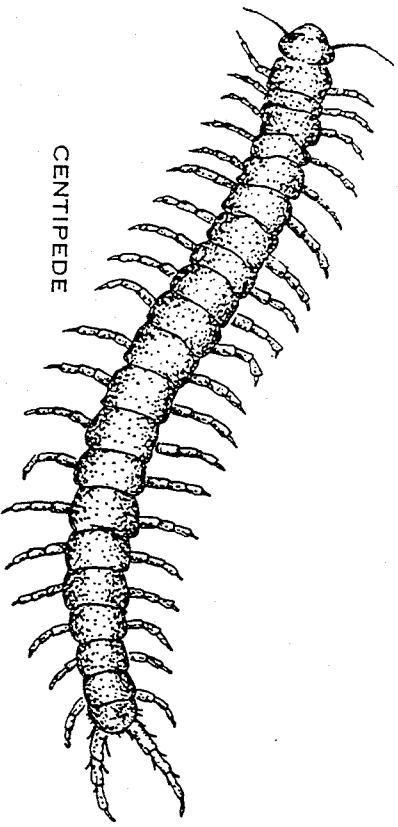
HOUSEFLY



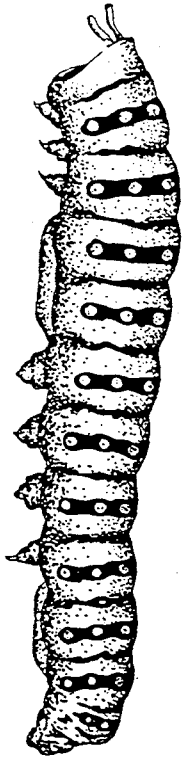
SANDFLY



TSETSEFLY



CENTIPEDE



CATERPILLAR

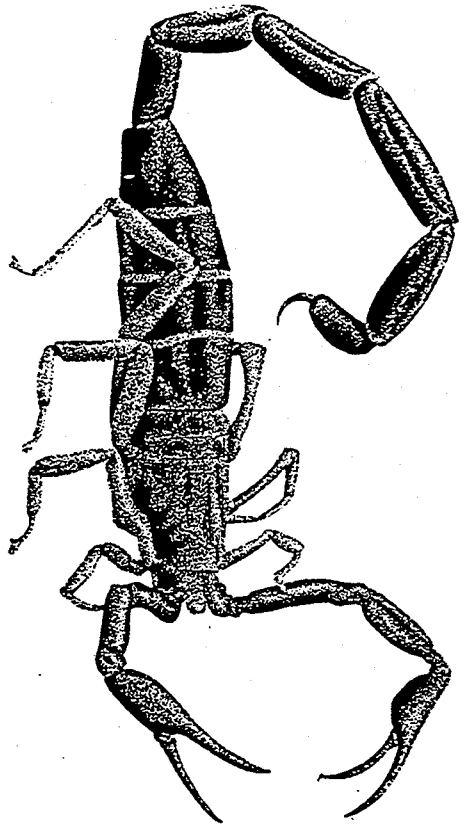
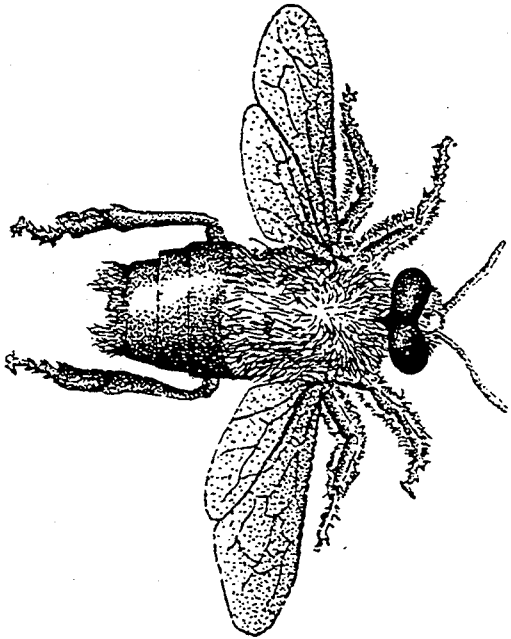
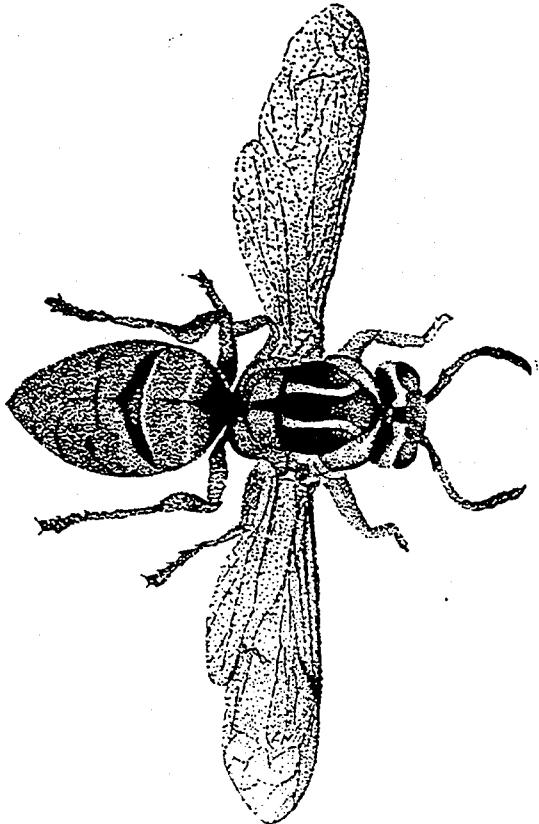


Figure 215. Scorpion.



BEE



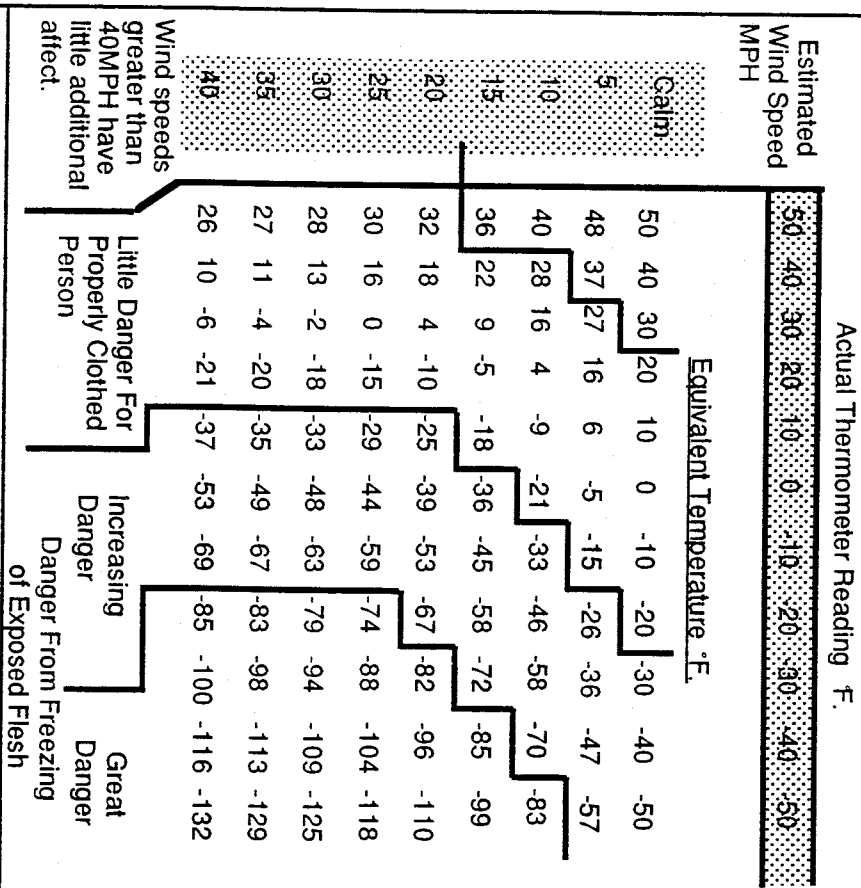
WASP

"Poisonous" Plants



- ☞ **Be able to identify common problem plants.**
(i.e. poison ivy, sumac, poison oak etc..)
- ☞ **Do not damage or burn known irritating plants.**
- ☞ **If contamination is suspected, wash the area with flowing water & soap.**
- ☞ **Washing with a rough towel may help in certain situations.**
- ☞ **Once irritating resin is removed from skin, the infection (pus) cannot spread the irritant.**

Wind Chill Chart



To use the chart, find the estimated or actual wind speed in the left hand column and the actual temperature in degrees F. in the top row. The equivalent temperature is found where these two intersect. For example, with a wind speed of 10 mph and a temperature of -10°F, the equivalent temperature is -33°F. This lies within the zone of increasing danger of frostbite, and protective measures should be taken. It is emphasized that the wind-chill chart is of value in predicting frostbite only to exposed flesh. Outdoorsmen can easily be caught out in 30° temperature. Winds of 30 mph will produce an equivalent wind-chill temperature of 2° below zero.

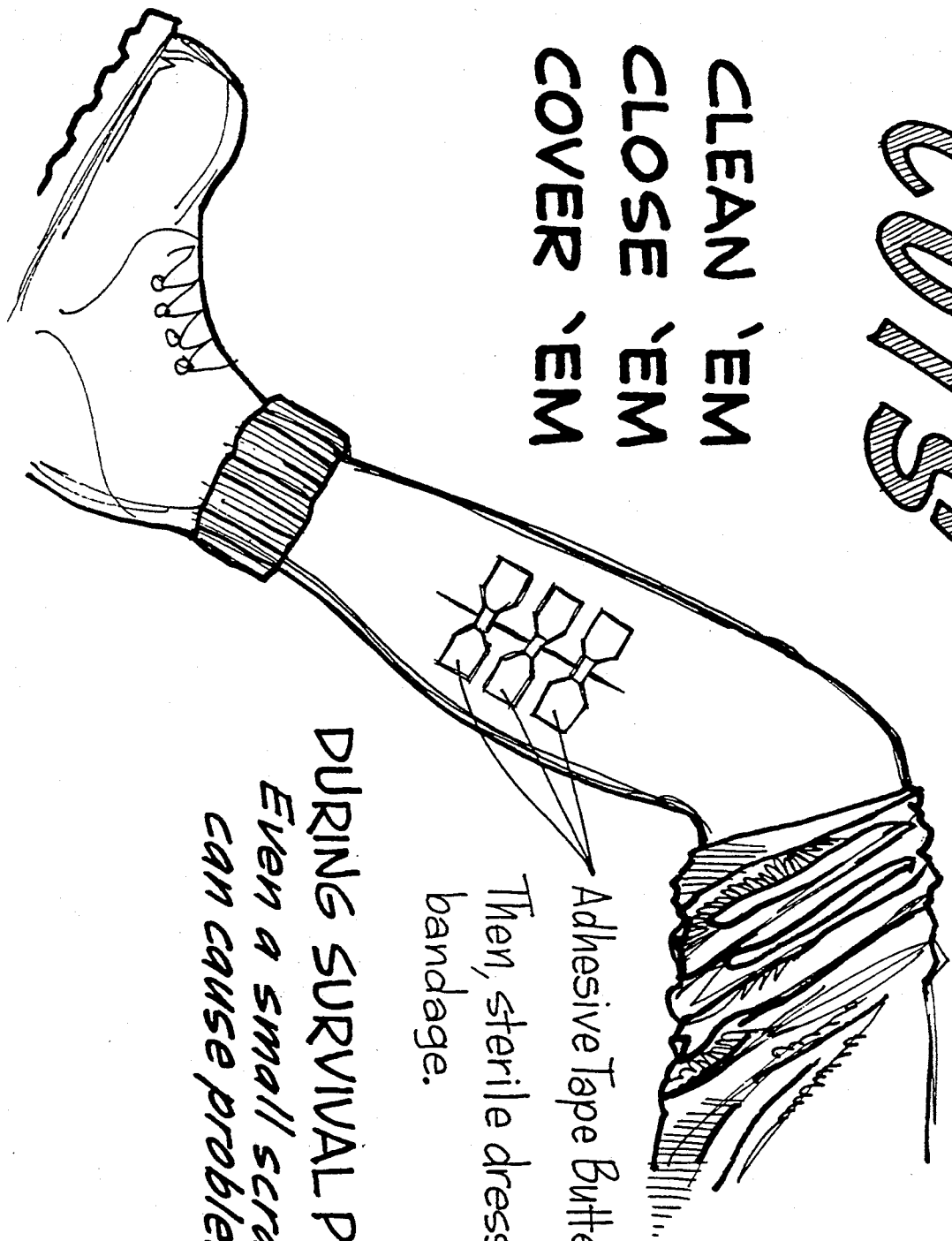
Wind Comparison Chart

Wind Speed Estimation	M.P.H.
Smoke rises vertically	0 - 1
Smoke shows wind direction	1 - 3
Wind felt on face, observed in grass or leaves rustle	4 - 7
Leaves in constant motion, light flag extended by breeze	8 - 12
Dust or snow or leaves are raised	13 - 18
Small trees in leaf sway; crested wavlets on inland waters	19 - 24
Large branches in motion; white caps on waves; tents strain	25 - 31
Whole trees in motion; snow rises in air	32 - 38
Twigs break off trees; walking generally difficult	39 - 46
Branches break off trees; very high waves and tides	47 - 54
Trees uprooted	55 - 63

SELF FIRST AID

CUTS

CLEAN 'EM
CLOSE 'EM
COVER 'EM



Adhesive Tape Butterflies
Then, sterile dressing and
bandage.

DURING SURVIVAL PERIODS
*Even a small scratch
can cause problems.*

Fractures

Dislocations

Sprains

TREAT THEM ALL THE SAME:

IMMOBILIZE!