

EMERGENCY INFORMATION: KEEP THIS CARD IN YOUR PACK LID

Name: _____ Date of Birth: _____

Address: _____

Phone: Circle - Home/Mobile/Work: () _____ SSN (Last 4): _____

Drivers Lic. #: _____ Passport #: _____

HT: _____ WT: _____ Hair: _____ Eyes: _____ Blood Type: _____

Known Medical Conditions Including Allergies: _____

Current Medications: _____

Epi Pen Present?: Yes/No

Physician: _____ Phone: () _____

Dentist: _____ Phone: () _____

Insurance: _____ Group/Plan: _____

Individual Number: _____ Phone: () _____

Life Flight #: _____ Vitalent: _____

Emergency Contact #1: _____ Relationship: _____

Phone: Circle - Home/Mobile/Work: () _____ Address: _____

Emergency Contact #2: _____ Relationship: _____

Phone: Circle - Home/Mobile/Work: () _____ Address: _____

Tattoos: _____ Scars: _____

Other Identifying Marks: _____

Please print this form, fill it out, fold it up and put it in a ziplock baggie in the lid of your pack.

FIRST AID RESPONSE

- 1. Size up the scene. Take charge of the situation.**
 - Survey the scene for hazards. Determine the number of victims.
 - Approach the victims, do not become another victim
 - Identify yourself and your level of training
 - Determine method of injury
 - Wear gloves/isolate bodily fluids
- 2. Initial assessment. Stop and fix. Survey for immediate threats to life.**
 - Establish level of consciousness and C-spine control
 - Airway management and breathing adequacy
 - Control bleeding, treat for shock
 - Determine disability, control spine and fractures
 - Environment/Expose: determine hazards, expose injuries for evaluation
- 3. Complete a focused exam and history**
 - Head to toe exam
 - Vital signs: breathing, pulse, level of consciousness
 - Patient medical history
 - Last oral intake
- 4. Complete patient care. Stabilize injuries, etc.**
- 5. Document physical and mental condition, fill out SOAP note if possible**
- 6. Continually monitor patient**
- 7. Make a plan to get professional medical help: Emergency rescue evacuation**
- 8. Carry out the plan**