

WBC Homework #6 (2020)

To be completed after reading assignments for and experiencing presentations from, class 6. Will be reviewed just prior to start of class 7.

1. When someone has run out of water while backpacking on a hot, sunny day and develops a headache and feels crummy you should:
 - a. Offer to carry their pack for them and give them some of your water.
 - b. Get them some water, food, and find or create some shade for them.
 - c. Give them water, shaded rest and some ibuprofen.
 - d. Give them some encouragement, water and food.
2. Not getting enough water on a hot difficult trip can lead to:
 - a. Headaches and nausea
 - b. Dry hot skin without sweat
 - c. Death
 - d. All of the above
3. True or False: If someone has sustained a very bloody injury you should immediately call for a rescue evacuation.
4. Describe 3 ways you can stabilize a broken arm or leg in the wilderness.
 - 1.
 - 2.
 - 3.
5. True or False: When someone does not have the proper cold weather attire on a very cold overnight trip, has begun hard shivering and is saying things that don't make sense, you need to start making decisions for them and warm them up by multiple means.
6. If someone in your group has taken a really bad fall from several feet, is unconscious and not breathing, you should:
 - a. Administer CPR to get them breathing again then let them rest. Don't worry about it too much, we all fall every now and then.
 - b. Leave them as they are until you find help, you are not qualified to treat them.
 - c. Assess the scene, check for pulse, begin CPR, administer assisted breathing, immobilize cervical spine, do a full body assessment for injuries and arrange for immediate emergency evacuation.
 - d. Try to bring them to a conscious state without moving them, assess the scene and call immediately for an emergency evacuation, you are not qualified to do more.
7. True or False: A Red Cross or similar First Aid course is good for life, the information doesn't change often, and the training gives you the information you will need in a wilderness emergency.
8. You were out of the way of the rockslide but two people were injured, one has a leg trapped under a large rock and the other has been pushed off the trail and can be heard moaning but not seen. Who is the most important person in this situation?