

Drowning
Hanging
Injuries in the nature

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Drowning

= Near-drowning means a person almost died from not being able to breathe (suffocating) under water

- disaster in the lung = H₂O

Why:

- jump to flat water
- fall to wildwater
 - head trauma / C spine
- Inability to swim or panic while swimming
- alcohol



**CHILDREN AREN'T
WATERPROOF**

small children unattended
around bathtubs and pools

How it works:

- After initial breath holding, when the victim's airway lies below the liquid's surface, an involuntary period of laryngospasm is triggered by the presence of liquid in the oropharynx or larynx. At this time, the victim is unable to breathe in air, causing oxygen depletion and carbon dioxide retention. As the oxygen tension in blood drops further, laryngospasm releases, and the victim gasps, hyperventilates, possibly aspirating variable amounts of liquid. This leads to further hypoxemia.

First Aid

- Safely - Out of water

If the water is too deep or dangerous to enter or if the victim is too far out to reach with a long object, a throwing assist may be wisest



ADAM.

If the victim is in deep or dangerous water but there is a dock to stand on, try a reaching assist with a long, sturdy object



ADAM.

People who have fallen through ice may not be able to grasp objects within their reach or hold on while being pulled to safety.

First aid:

- 1) Do not place yourself in danger. Do NOT get into the water or go out onto ice unless you are absolutely sure it is safe.
- 2) (start the breathing while still in the water)
- 3) Move victim to dry land - give CPR if needed.
- 4) Assume neck or spine injury
- 5) Keep the person calm and still. Seek medical help immediately.
- 6) Remove any cold, wet clothes from the person and cover with something warm, if possible. = prevent hypothermia.

DO NOT

- DO NOT go into rough or turbulent water that may endanger you.
- The Heimlich maneuver is NOT part of the routine CPR
- Do not go home
All near-drowning victims should be checked by a doctor. Even though victims may revive quickly at the scene, lung complications are common.

Hanging Injuries and Strangulation

Neck is vulnerable
to life-threatening injuries:

- airway
- spinal cord (fall from a distance greater than the height of the victim) fatal
- major vessels (cerebral hypoxia)



- Complete (body hangs off the ground and the entire weight of the victim is suspended at the neck)
- incomplete

First aid

- call for help
 - Release strangulation lane
 - lay back on the ground
 - BLS if no signs of death
 - call for EMS
 - EMS transport
-
- Transport with immobilization of the cervical spine

Injuries in the nature

- Crashes, backfilling with soil
- Hypothermia
- lightning accident

- bite
- insect bites

Bites

- completely washed out the wound with soap (prevention of rabies)
- disinfection
- stop bleeding, arrange medical treatment, if possible, we get from the owner of the dog vaccination certificate, which pass EMS
- Police will ensure the dog



Rabies

- Viral deadly disease,
- transmitted by saliva of an mammal - fox, cat, badger, roe, bats and raccoons bites

Prevention:

- instruct (children)
- announce a forester / municipal office
- after direct of contact between seek medical treatment (preventive vaccine given in 5 doses over 28 days).
- animal should be examined by vet

Tick bites

- minor injury.
may transmit bacteria / viruses (Lyme disease, encephalitis)

Prevention:

- Control your skin after return from nature

I.A.:

- Remove the tick promptly and carefully.
Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it.
- Wash your hands with soap and water.
Disinfect area around the tick bite (Iod).
- applying petroleum jelly, fingernail polish, rubbing alcohol or a hot match — aren't recommended.



Tick bites

- Viral:
- flu-like signs and symptoms:
- Fever, chills, fatigue,
- body aches
- headache .

- Lyme:
- Redness after 3 days



Insect bites



- redness
- swelling
- pain
- Itching

I.A:

- Move to a safe area to avoid more bites or stings.
- If needed, remove the stinger.
- Wash the area with soap and water (Iod disinfection).
- Apply a cool compress.



Insect in Czech

Mosquito

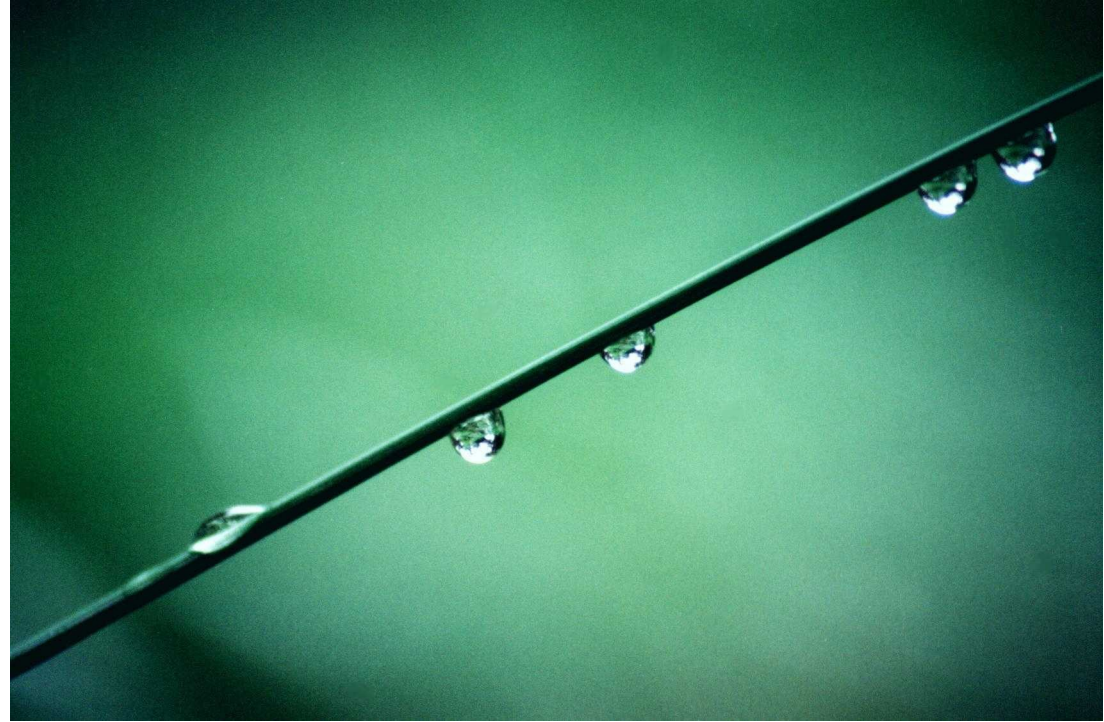
Bee

Wasp and Hornet

- late summer and autumn contamination of sting with bacteria
- Skin infections (phlegmone, fever, pain)
- .. seek medical help (antibiotics p.os.)



Storm



Risk:

- lightning accident
- hypothermia

Procedure:

leave the ridge, beyond the plains, peaks, lonely trees, water surfaces

Ideal Refuge:

Building a lightning rod, unprotected building (close the doors, windows, appliances, stoves)

Valley pit, woods (2 m from the branches, between the lower trees)

Zmije obecná, *Vipera berus*

Basic dyeing and coloring of the strip may be different. Vipers are brown, grayish, blackish. Males can be bright coloration; white background with black or anthracite black distinctive stripe.



Who is who



Vipera

Grass snake

Signs

vision disorders

Nausea / vomiting

1 or 2 stab wounds accompanied by severe pain and swelling

Difficulty breathing or arrest

symptoms of shock



First Aid

Remain calm and move beyond the snake's striking distance.

Remove jewelry and tight clothing before you start to swell.

Position yourself, if possible, so that the bite is at or below the level of your heart.

Clean the wound, but don't flush it with water. Cover it with a clean, dry dressing.

Caution

Don't use a tourniquet or apply ice.

Don't cut the wound or attempt to remove the venom.

Don't drink caffeine or alcohol, which could speed the rate at which your body absorbs venom.

Don't try to capture the snake. Try to remember its color and shape so that you can describe it, which will help in your treatment.

All the Windows
are frozen again!

Go on Kids - Go and
help your father
press Ctrl-Alt-Del !

