

AIDE MEMOIRE



PREPARE – RESPOND - PREVAIL

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DISCLAIMER

Please note that this product is an aide memoire. It is intended to 'jog your memory' and does not replace your individual responsibility to acquire the relevant training, experience and knowledge - including from accredited training providers - and to enjoy the outdoors in a reasonable and responsible manner. The information is copied directly from reputable open-source learning materials. Heiman Habitat and its Directors can accept no liability for any injury, loss or damage howsoever occasioned to any person acting or refraining to act on the basis of this information (including any errors or omissions in it).

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BEFORE YOU GO

Before stepping off on your bushwalk, weekend out, or big adventure into the bush, make sure you have completed the following:

- Purchase and register a Personal Locating Beacon (PLB) – and carry it on you.
- Never go out alone.
- Notify others of your intentions.
- Leave a clearly written description of your intended location/s, transport plan, route, friends travelling with you (including their mobile phone numbers) and return date;
- Always carry a knife, torch (with spare batteries) and snake bite kit.
- Regardless of your intended time away from camp, always carry 24hrs of additional food and water.
- Check the weather conditions for your intended location and pack appropriately for any potential unseasonal changes.

BASIC FIRST AID

SWELLING

R.I.C.E = Rest. Ice. Compression. Elevation.

CASUALTY

D.R.S.A.B.C.D = Danger. Response. Send for help. Airways. Breathing. CPR. Defibrillation.

Response

Conscious & Breathing = head to toe inspection and call 000.

Unconscious & Breathing = call 000, Recovery position, head to toe and monitor.

Unconscious & NOT breathing = call 000, CPR, recovery position, head to toe and monitor.

Look Listen and Feel

- For evidence of spontaneous respiration.
- Feel for a pulse.
- Monitor your patient for any change.

STINGS and BITES

PRESSURE AND IMMOBILISATION

All snakes. Funnel Web spider. Mouse spider. Blue Ring octopus. Cone Shell.

ICE COMPRESSES

Bee & wasp. Ant. Tick. Scorpion. Whitetail spider. Centipede. Red Back spider.

HOT WATER

Stonefish. Bullrout. Catfish. Crown of Thorns starfish. Stingray. Bluebottle jellyfish.

VINEGAR

Box jellyfish. Irukandji jellyfish. Jimble jellyfish. Sea Anemone. Also tropical stings of unknown origin. Apply cold compress to the affected area.

Look listen and feel

CALL 000 / 112

Or activate your PLB

BASIC FIRST AID (cont)

CPR

Place your hands over the lower half of the patient's chest. Compressions are to a depth of 1/3 the depth of their chest, at a ratio of 30 compressions to two breaths, and at a rate of 100 compressions / minute, with minimal disruptions for the delivery of breaths. When you deliver the breaths - gently tilt the head back, pinch the patient's nose and deliver the breaths, aiming to achieve the normal rise and fall of the patient's chest. Don't stop until told to by a DR or medic.

Recovery Position



SNAKE BANDAGE

PRESSURE AND IMMOBILISATION

Calm the casualty and keep them absolutely still.

Apply a crepe bandage over the site ASAP.

Apply a Heavy Crepe / Compression bandage to cover the entire limb, starting from the fingers or toes and working all the way up the limb once.

DO NOT suck the bite.

DO NOT wash the bite.

DO NOT cut open the bite.

DO NOT catch the snake.

CALL 000 / 112

Or activate your PLB

PRWF

This acronym stands for 'Please Remember What's First' which signifies: **P**rotection, **R**escue, **W**ater, **F**ood - and in that priority order. This memory jogger will help you prioritise in an emergency.

Strongly linked to this concept is 'The Rule of 3s' set of survival principles which are:

- You can last up to 3 minutes without proper first aid.
- You can last up to 3 hours in an extreme environment without protection.
- You can last up to 3 days without water.
- You can last up to 3 weeks without food.

PRWF (cont)

PROTECTION. Protection from threats to your well-being, health and safety.

Are you injured? Bleeding? Have a snake bite? Broken bone? Seemingly insignificant cuts may get infected and make your situation worse over time. So – deal with your injuries as soon as practicable.

Also – Find Shelter:

- Protect yourself against environmental factors such as wind, rain, cold, sun, flood, insects, hypothermia, and heat stress.
- Protect yourself from threats like wild animals and flash flood.

PRWF (cont)

RESCUE. Place yourself in the best situation to be rescued and then wait.

Activate your emergency beacon: EPIRB (if you're in a boat) or PLB (for dry land).

Make yourself as obvious as possible:

- A torch flicking at night can be seen further than sound carries.
- The sound of a whistle blast will carry 3 times as far as a voice / scream.
- If you can receive (but not transmit or talk) on your CB radio, press the pressel switch 3 times so that people at the other end know you can hear them.
- 3 fires set in a triangle is an international distress signal (and also gives more warmth than a single fire).

PRWF (cont)

WATER. The best place to store water is in your stomach.

Don't rely on one water source. Have multiple containers in your car, campervan, belt kit and backpack so that if one leaks you have backup.

Create solar stills, erect transpiration bags and source water from other means utilising your knowledge of the local area. Collect rain – and dew.

Note: the energy you expend searching for water uses water. Be efficient and effective. Slow down and seek shade/shelter.

PRWF (cont)

FOOD. If you can't find/eat something you're confident to eat, follow the food chain downwards until you do.

For example: dog, goat, bird, road kill, fish, rodent – grasshopper, beetle, larvae (including new born maggots) – berries, nuts, flowers and finally grass.

- Leave mushrooms and legumes alone.
- If you're not certain, leave it alone (see Wild Food Protocol).

Unfortunately there are no fool-proof criteria for the uninitiated. However cooked food utilises less energy to digest and can eliminate some nasties.

Australian Poison Information Centre
13 11 26

WILD FOOD PROTOCOL

A few guiding principles:

- Just because birds and other animals are eating something, doesn't mean you can.
 - Bright colours on frogs and grubs are a natural warning. Don't eat them.
 - White sap = poison.
 - For leaves and berries follow this simple testing procedure:
 - Crush it in one hand. If it smells of almonds or peaches, don't eat it.
 - Otherwise, rub it on your inner elbow or underarm, wait for an hour for a reaction like itching or burning.
- Stop** if any reaction occurs.
- If none occurs, rub a little of the substance on your lips then wait for a few minutes. If nothing happens, then rub it on your tongue.

PTO

WILD FOOD PROTOCOL (cont)

- If there is no reaction, chew it a little without swallowing, and see if it's bitter, or a reaction occurs (soreness, burning, irritation).
- If there are still no adverse indicators, boil one or two and eat them. Wait until morning.
- Provided there are still no contrary signs, eat a few pieces of the food every couple of hours for a snack slowly building up the amount.

STOP! If a rash or an itching/burning sensation occurs at any time during this process.

Do not try this on mushrooms or legumes.

Remember a change in diet will also dehydrate you. Drink more water.

Ground-Air Visual Signal Code

In an emergency, set off your distress beacon and wait for the search aircraft. Use the following set of international distress symbols to convey simple messages to an overflying search aircraft where there is no other means of communication. Make these symbols on the ground using rocks or other material large enough to be seen from the air.

Message	Code Symbol
Require Assistance	V
Require Medical Assistance	X
Proceeding in this Direction	
Yes	Y
No	N

Ground-Air Visual Signal Code (cont)

The above Ground-Air Visual Signal Codes conform with the ICAO and NATO standards and are also found in the Air Services Australia ERSA handbook found in most cockpits across Australia.

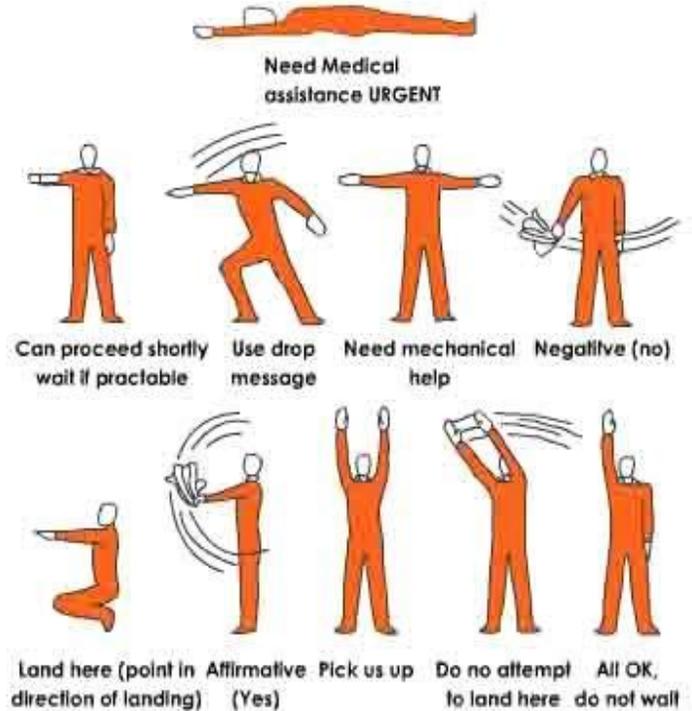
If in doubt use the International Symbol **SOS**.

When using a light source (torch, car headlights etc) or CB (when voice comms are down) use Morse code:

Dot dot dot dash dash dash dot dot dot

Where dots equate to short pauses (1 sec) and dashes equate to long pauses (3 secs).

Ground-Air Visual Signal Code (cont)



Ground-Air Visual Signal Code (cont)

 On land and at sea: O.K. to land. Arrow shows landing direction.	 On land and at sea: Need medical attention.	 On land and at sea: Do not attempt landing.
 On land and at sea: Need first aid supplies.	 On land and at sea: Plane is flyable; need tools.	 On land: Need gas and oil; plane is flyable.
 On land: Need warm clothing. At sea: Need exposure suit or clothing indicated.	 On land: Indicate direction of nearest civilization. At sea: Indicate direction of rescue craft.	 Have abandoned plane. On land: Walking in this direction. At sea: Drifting.
 On land and at sea: Need food and water.	 On land: Should we wait for rescue plane? At sea: Notify rescue agency of my position.	 At sea: Need equipment as indicated. Signals follow.

Air-Ground Visual Signal Code

In Australia the following signals by aircraft mean that the ground signals have been understood:

- During daylight – rocking of the aircraft’s wings.



Day or moonlight: Rocking from side to side.

- During darkness – flashing of the aircraft’s landing or navigational lights on or off twice.

Lack of the above signals indicates that the message has not been understood.

If the aircraft is a Search and Rescue aircraft, be aware of items being dropped from the aircraft such as satellite phones, food, water, etc.

VEHICLE CHECKS

Prior to, during and at completion of the use of the vehicle, the following checks are carried out:

- **First Parade Service.** Completed before the vehicle is first driven for the day.
- **Halt Parade Service.** Conducted at each long stop.
- **Last Parade Service.** Conducted at the end of the day / vehicle use, in addition to the Halt Parade Service.

This is the essential check list, however most vehicles are fitted with aftermarket extras. Follow the manufacturer's recommendations and check for signs of deterioration and loose screws, nuts and bolts.

VEHICLE CHECKS - *First Parade*

1. Check the winch (if fitted) and ensure it is disengaged.
2. Before starting the engine: check the wheels for security, and the tyres for wear and correct pressure; and check that the fuel, oil, coolant, clutch and brake fluids, and battery levels are correct.
3. After starting the engine, listen for unusual noises
4. Check everything that turns on, flashes, beeps and swishes.
5. Check that the fuel and oil gauges are operational.
6. Clean the windscreen, external mirrors, lights and reflectors.
7. Check fire extinguishers, first aid kit and tool kit.
8. Check spare tyre and changing equipment.
9. Adjust all mirrors.
10. Check for steering, handbrake and footbrake faults.
11. Complete any other requirements specified within the vehicle user handbook.
12. Fix any defects/deficiencies before you step off.

VEHICLE CHECKS - *Halt Parade*

1. Check fuel, oil, and coolant for leaks.
2. Check the tyres and wheel nuts.
3. Check hubs and brake drums for overheating.
4. Check the stability of the load, canopy, ropes and trailer.
5. Check all lights and indicators.
6. Clean the windscreen.

VEHICLE CHECKS - *Last Parade*

1. Check the coolant levels.
2. Refuel and top up oils and lubricants.
3. Check the vehicle lights and indicators.
4. Clean the vehicle.
5. Clean out the interior and the load compartment.
6. Ensure that the winch (if fitted) is disengaged.
7. Complete any other requirements detailed in the vehicle user handbook.
8. Identify and fix any defects/deficiencies ASAP.

KNOTS – 4 BASIC ESSENTIALS

A good knot must hold without slipping, be easy to tie and (sometimes more importantly) untie. The choice of knot, most significantly, depends on the job it has to perform. The 4 Basic Maritime Knots are:

BOWLINE – Forms a single loop that will not slip. It can pass through or around the object whilst making the knot.

FIGURE 8 – General purpose ‘stopper’ knot. Stopping ropes from running out of a device or eyehole.

CLOVE HITCH – Used for securing lines running along a series of posts, belaying, starting lashings, weak binding on round posts.

REEF KNOT – Used to join two dry lengths of rope together, or secure a rope around an object.

KNOTS – *Bowline*



KNOTS – *Figure 8*



KNOTS – *Clove Hitch*



KNOTS – Reef Knot



NOTES



NOTES



COMMUNICATIONS

Group CB channel:

Group Alt channel:

Repeater Channel:

Location 1:

Repeater Channel:

Location 2:

Repeater Channel:

Location 3:

RV POINT:

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ERV POINT:

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