

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CONDITION	SYMPTOMS	PREVENTION	FIRST AID
Insulin Shock	Sudden onset, skin pale and moist drooling, double vision, pulse full and rapid. Rapid improvement after ingesting carbohydrate.	Monitor blood sugar and have insulin and carbohydrates.	(1) Administer carbohydrates. (2) If unconscious, place sugar under tongue.
Snake Bite (rattlesnake)	Extreme pain and swelling (unless dry bite)	Watch where you place hands and feet	(3) Apply pressure bandage above bite. (4) Treat for shock (5) Keep victim as still and calm as possible.
Arterial Bleeding	(1) Loss of large amounts of blood (2) Death could occur within one minute unless severe bleeding is stopped.	Be more careful	(6) Direct pressure (7) Pressure on brachial or femoral arteries. (8) Elevation (9) Cold applications (10) Tourniquet (trading limb for life)
Spinal Fracture	(3) Pain in neck or back following trauma (4) Loss of feeling in extremities	Don't forget to feed your pet rhinoceros.	(11) Keep victim lying down and not moving (12) Use whatever is available to inuriobilize (13) Victim cannot be moved without solid backboard
Dislocation	(5) Visual deformity (6) Extreme Pain	Stop having so much fun	Do not attempt to reduce

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Hypothermia (low body temperature)	(1) Shivering (2) Violent shivering, speech difficult (3) Muscle stiffness, erratic movements, thinking unclear. (4) Irrational (5) Unconsciousness (6) Death	(1) Wear proper clothing (2) Eat and drink often (3) Bivouac early in a storm or if lost or at nightfall	(1) Put in warmed bag (2) Give hot drinks and food (3) Use body heat from others (4) Increase exercise level
Hyperthermia/Heat stroke (high body temperature)	(7) Sweating absent (8) Rapidly becomes confused, uncoordinated, unconscious.	(4) Drink water (5) Wear hat (6) Rest often, preferably in shade	(5) Decrease body temperature immediately by cold water applications (6) Remove or unfasten clothing (7) Shade the body
Dehydration	(9) Headache (10) Unusual tiredness (11) Weakness (12) Dizziness (13) Nausea (14) Muscular cramps (15) Increased tendency to develop shock in trauma	Fluid intake should be at least 2 qts. for a 12 hour day of moderate activity increasing to as much as 5 qts. under hard exertion,	Five or more quarts given at the rate of 2 cups per hour
Shock (general)	Depressed condition of many bodily functions due to failure of sufficient blood to circulate throughout the body following injury	(1) Should be expected after any major injury, (2) Dehydration or poor physical condition will aggravate	(1) Keep victim warm (2) Have victim lie down (3) Provide warm fluids.