

**Children's Programs:** First Aid is the responsibility of teacher, leader, and/or parent. Share the following information as appropriate.

## HEAT STRESS



### Heat Exhaustion

#### **Signs:**

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

#### **What to do:**

- Move person to a cool, shaded area.
- Instruct person to sit or lie down.
- Loosen or remove heavy clothing.
- Provide drinking water.
- Fan/mist person with water.

### Heat Stroke - Extremely Serious !

#### **Signs:**

- Dry, hot skin with no sweating.
- Mental confusion or loss of consciousness.
- Seizures or convulsions.

#### **What to do:**

- **CALL 911 immediately. (See 911 instructions)**

#### **While waiting for help to arrive:**

- Move person to a cool, shaded area.
- Instruct person to lie down.
- Loosen or remove heavy clothing.
- Provide drinking water.
- Fan/mist person with water.



## INJURIES



### Broken Bones

#### **What to do:**

- **CALL 911 immediately. (See 911 instructions)**

#### **While waiting for help to arrive:**

- Do NOT move victim unless necessary for safety.

### Cuts/Scrapes

#### **What to do:**

- Always put on protective gloves.
- Control the bleeding by applying pressure with heel of hand.
- Clean the wound, with soap and water, if possible.
- Apply a first aid cream, if available.
- Apply a dressing/bandage.
- Advise teacher/leader to watch for infection.
- **If wound is large and/or bleeding will not stop after 10 minutes of pressure, 911 may need to be called. (See 911 instructions)**

#### **What NOT to do:**

- Do not pour antiseptic, iodine, alcohol, etc. over wound.

### Sprains/Twisted Ankles

#### **What to do:**

- Take the weight off the injured part.
- Elevate injured part above level of heart, if possible.
- If victim needs to be carried, lift no more than you can handle.
- Advise ice/cold pack and/or ace bandage.

### Spines

#### **What to do:**

- Use tweezers (not fingers) to remove spines.
- To remove cholla, place a comb between cholla piece and skin, flick away, taking care not to push onto another person's area of skin.
- Clean the area, if possible.
- Cover with bandage, if desired.



## ANIMAL ENCOUNTERS

### Stings (bees, wasps, scorpions, ants)

#### **What to do:**

- Remove stinger by scraping away with the edge of a credit card. You can also try tweezers, if available.
- Clean area, if possible.
- Advise ice for swelling.
- Advise watching for delayed allergic reaction.



### SEVERE REACTIONS:

- **If any of the following occur - CALL 911 immediately. (See 911 instructions)**
  - Blue or flushed skin
  - Hives
  - Swelling, especially of lips, tongue, throat
  - Wheezing, trouble breathing
  - Seizure

### Snake Bites

#### **What to do:**

- **CALL 911 immediately, even if unsure if venom was injected. (See 911 instructions)**
- Time = Tissue! Get victim care ASAP!



#### **While waiting for help to arrive:**

- Keep the victim calm and minimize physical activity to the extent possible.
- Remove rings and other constrictive jewelry and clothing.
- Keep the bite in a gravity neutral position even with height of heart (NOT above).

#### **What NOT to do:**

- NO ice, heat, tourniquets or "pressure bandages."
- NO cutting, suction or venom extraction devices.
- Do NOT give anything by mouth, including water, unless doctor/EMT tells you to.
- Do NOT attempt to kill or handle the rattlesnake.

### Rattlesnake Sightings

#### **What to do:**

- Be aware when entering bathrooms/shady areas.
- Back away.
- Inform others of location.
- Call visitor center or Josh Taiz at numbers below for relocation.

### Mt Lion Sightings

#### **What to do:**

- **DO NOT RUN! DO NOT TURN AWAY!**
- If approached, look big, throw things.
- If attacked, FIGHT BACK!
- **Call 911 immediately if injuries occur. (See 911 instructions)**



#### **Report Mt Lion sightings ASAP to:**

Josh Taiz, FS Biologist cell: 520 403-8277; Visitor Center 520 749-8700; AZ Game and Fish 520 628-5376.

- Victim's gender and approximate age
- shortness of breath, etc.)
- Victim's complaint and/or symptoms (Loss of consciousness, location/nature of injury, bleeding,
- Phone # of caller
- interest
- Adult/other: Near mile marker # or key points of
- Kindergarten: Cactus Picnic Area
- Elementary: Lower Sabino Canyon Picnic Area
- specify...
- Location: Sabino Canyon Recreation Area AND
- REPORT the following:
- **DIAL 911** → REQUEST medical support →
- If you think 911 should be called, even without consent of the victim or teacher/adult leader, do it.
- Day Captain or Naturalist calls 911.
- **IF CANNOT REACH TEACHER/ADULT LEAD:**
- Allow teacher/adult lead to decide if 911 call is necessary.
- Have teacher/trained adult administer first aid, if needed.
- Assign adult to move other children away from area.
- Inform teacher and Day Captain of incident.
- **ALWAYS:**
- Do NOT move victim unless necessary for safety.
- **REMAIN CALM**

**Notes:**

- **DO NOT HANG UP** until instructed to do so.
- **REMAIN** at scene until Emergency Responders depart.
- **AFTER 911** incident:
  - Notify FS at Visitor Center 520 749-8700; FS Dispatch 520 202-2710
  - Complete Incident Report Form at Visitor Center.
  - Inform SCVN President



**911 EMERGENCY PROCEDURES**

**INCIDENT PROCEDURE**

**For treatment of ALL injured or ill visitors:**

- Do not attempt first aid or emergency treatment unless you are qualified to do so.
- Do not administer medication unless victim asks you to remove their own medication from their pack to give to them.
- Do not call for assistance for conscious ill/injured visitors without asking their permission first.
- If victim refuses to consent to 911 call but you think 911 should be called, then do so. (See 911 Instructions)

**For Children's Programs, ALWAYS:**

- Have teacher or other trained adult administer first aid.
- Inform teacher and Day Captain of incident immediately.
- Assign adult to move other children away from area.

**For reporting of ALL incidents:**

- Obtain Incident Report Form from SCVN office or Visitor Center.
- Complete and turn in to FS at Visitor Center:
  - even if incident is minor.
  - even if teacher, group leader or adult victim refuses treatment.
  - even if no 911 call has been made.



**SCVN SAFETY BROCHURE**

**Safety Preparation in Field**

- Check surroundings/under tables/in bathrooms for critters.
- Ask if any participants have special needs/limitations.

**Safety Briefing** (Review as appropriate)

***Be Careful...***

- Look out for critters and prickly things.
- Watch where you are going on trails.
- Walk – don't run.
- Don't put hands/feet where you can't see.
- Step carefully on rocks and by the creek.

***Be Respectful...***

- Protect the plants and critters.
- Take nothing and leave no trace.
- Look, Listen and Learn.

***Be Safe...***

- Stay with your group.
- Follow your naturalist. (Family of quail)
- Drink plenty of water.
- Wear sunscreen and a hat.
- Rest when you need to.
- Practice: **Freeze! Stop. Look. Locate. Back away.**