

First Aid for the Homesteader

A Lay Person's Perspective -

Sherri Neuroh, 2021

CPR and First Aid Training.



How rural is “rural”...?



Prevention!

What incidents are most likely on a homestead / farm?



Drowning

- No. 1 cause of death in children < 4yo
- Third leading cause of death in 5-14 yo children.
- Drowning is quick and quiet.
- Rescue breaths if there's a pulse.
- Let airway clear (on their side) if needed, perform CPR if no pulse or breathing.
- Prevent hypothermia.
- If they've been under the water for any length of time, they **MUST** go to the hospital, as the first 48 hours are critical, (pneumonia, infections, heart failure).

Bruising. Crush injury.

Mild bruising: ice 20 minutes, comfrey glycerite topically (my personal favorite).

Crush injury.

Bleeding? Fractures? Compartment syndrome? Internal injuries?

Manage bleeding, prevent shock and hypothermia.

Get a medical eval.

Crushed for < 1 hour: remove them.

Crushed for > 1 hour: wait (!!) for emergency personnel.

Asthma.

I put this high on the list, as folks can only live so long without air...

Cuts, wounds and bleeding.

Small cuts

Large cuts

Puncture wounds

Large abrasions

Large, bleeding wounds

Oozing, flowing dark red blood and/or spurting, spraying bright red blood...

Animal Bites or Scratches.

Dog bites look worse.

Cat bites ARE worse. (Joints, face, neck, foot, hand...)

Bug Bites and Stings.

Range from not serious,
to life threatening anaphylactic reaction.

Keep EpiPens on hand if any history of severe reactions.

Charcoal; bentonite clay; salt; “After Bite”; baking soda paste...

Choking.

Coughing is good.

Silent, bulging eyes, blue lips...take immediate action.

Get CPR and First Aid training so you know how to help infants, children as well as adults.

Sprains, Strains, Soft Tissue Injuries & Fractures.

“Toughing it out” isn’t helpful...one can end up with debilitating, lifelong problems.

(Ask me how I know...)

Usable vs Unusable. If unusable, carefully splint.

No need to call 911 unless lots of bleeding with a bone protruding.

Do get a prompt medical eval. & X-ray. (And MRI if indicated).

Burns.

Small 1st - 3rd degree burns, apply raw honey. Must be raw.

Large burns of 1st to 3rd degree, good idea to get a medical eval. Dehydration...

Things can go south very fast: hypothermia and shock.

4th - 6th degree burns are medical emergencies!

Electrical burn.

Chemical burn to eye.

Poisoning.

1 (800) 222-1222

Dehydration.

Oral Rehydration Solution

Makes one pint:

1 1/2 - 2C water;

juice of 1/2 lemon

1/8-1/4 t sea salt

2 t raw honey (not for <1yo)

Makes one liter / quart:

6 t sugar

1/2 t salt

Fill jar with water.

Heat Cramps, Heat Exhaustion, Heat Stroke

Giving them water to drink at this point, will make things worse...

Prevention!

Heat stroke is a life threatening, medical emergency!!

Hypothermia.

Note: can occur at **ANY** temp. that is lower than 98.6 F / 37 C.

Acute vs. slow onset.

Mild

Moderate

Severe - **Immediately life threatening!**

If you find them in the fetal position, try to open the arm out straight, if it curls back, they're still alive. Call for a helicopter.

CPR is contraindicated in some hypothermia situations, **don't do it** unless you've had special training.

Frostbite.

Hypothermia is MORE concerning than frostbite...

Get them to medical care asap, WITHOUT rewarming them if there's a chance the affected parts could refreeze after being warmed.

Also don't want to put yourself, or others, in danger of hypothermia by stopping and taking time to rewarm them (outdoor situation).

Amputation.

Stop the bleeding.

Elevate affected part if possible.

Monitor for shock.

Save the amputated part, if possible. Put in ziplock bag on ice.

Get them to medical help.

Shock.

Call 911, and do something about the cause, if possible. Eg. stop any bleeding.

Stay calm, keep them calm.

Elevate their legs 12 inches, if no risk of back injury.

Keep them warm and dry, use space blanket.

Monitor pulse in extremities.

Better not to give food or water...

What if you **HAVE** to move an injured person?

Crouch behind their head, stabilise the head and neck with your arms, grab under their shoulders and pull them backwards, keeping their spine straight. Stabilise the head and neck once they're safe.

Note: It is better **NOT** to move an injured person unless there's a fire, or something that puts them and yourself in immediate danger.

First Aid Kits

What you know, and how you will apply it, will be more important...

- EpiPen or epinephrine
- CPR face shields
- gloves
- BVM if you're remote
- knife, multitool, scissors
- 2 inch roll of gauze
- antiseptic wipes
- gel ice packs
- syringes for irrigating
- tweezers
- steri-strips, butterfly closures
- triple antibiotic ointment.
- hydrocortisone
- anti-inflammatory med.
- pain med.
- bandages, wraps
- liquid antihistamine
- saline solution
- eye wash cup
- flashlight, batteries
- space blanket
- duct tape
- ORS powder
- "Bleed stop"

Hidden “First Aid” Treasure from your garden.

First aid for those wounded by sin...

“The life of toil and care...was a part of God’s great plan of man’s recovery from the ruin and degradation of sin.”

First aid for those who don’t yet know the Creator...

“The clouds, the rain, the dew the sunshine...the fruit...the pear, peach, apple...these silent preachers will teach human beings their lessons, if they will only be attentive hearers.” Letter 131, 1897

First aid for the sick who are seeking healing...

“Let patients have flower beds to care for, or work to do in the orchard or vegetable garden.” MH 264,265

Resources for further training -

American Heart Association - Basic CPR and First Aid Training near you

If you're more than 2 hours from the nearest hospital, seriously consider:

- SOLO (soloschools.com). They offer Wilderness First Aid, Wilderness First Responder, Wilderness Emergency Medical Technician and many more.
- NOLS (National Outdoor Leadership School) Wilderness Medical Institute (nols.edu)