

Survival and First Aid

4.4.1. First Aid

4.4.1 Each searcher should carry a first aid kit

- A. that includes as much material as they can fit in the package.
- B. that matches his or her first aid ability.
- C. that includes materials that they will likely need such as blister treatments.
- D. both B and C

4.4.1 When a member of the team is performing first aid on the lost subject...

- A. it is helpful to take notes including: first found, heart rate, breathing, contact number if possible, other medication, existing conditions, list of injuries, etc.
- B. notes are only necessary if the searcher is a First Responder.
- C. it is helpful for a second searcher, not the first aid provider, to take notes while first aid is performed.
- D. both A and C

4.4.1 When treating and helping the lost person after the find it is a good idea ...

- A. to assign one team member to talk to them and let them know what is happening.
- B. that the team leader remains back from the treatment and care of the lost person so that he or she may organize the care for the person, plan the extraction, direct the actions of other teams as they arrive to help, and remain in contact with command.
- C. A and B.
- D. none of the above.

4.4.2 Survival

4.4.2 A personal survival kit should include which of the following items at a minimum¹? Others of course can be added.

- A. Whistle, sturdy blade, fire starter, matches or lighter, light, compass.
- B. Whistle, mirror, fire starter, light, compass.
- C. Whistle, sturdy blade, light, compass.
- D. Sturdy blade, light, compass and matches.

4.4.2 Each searcher should have materials in their SAR pack to build a shelter quickly.

- A. True
- B. False

¹ Based upon SOL kit from MEC.

4.4.2 Water purification for water bottles may be performed with

- A. Tablets
- B. Purification drops
- C. Water filter pump
- D. All of the above

4.4.2 A searcher should carry at least one method to make clean water in his or her SAR pack. This does not include a Lifestraw.

- A. True
- B. False

4.4.2 Eating snow is a good source of water in the winter just as flowing water is also considered a good source of clean safe drinking water.

- A. True
- B. False

4.4.2 If you become lost you should ...

- A. Stay put and build shelter.
- B. Consider and prepare methods, both passive and active, to signal your rescuers
- C. Keep moving downhill as the water course you find will lead to civilization.
- D. A and B.

4.4.2 Your SAR pack needs to contain materials for

- A. Individual warmth.
- B. Team warmth.
- C. Lost person warmth.
- D. All of the above.

4.4.2 The most important tool for survival for a SAR member or any lost person is

- A. shelter.
- B. a positive mental attitude and self-control.
- C. fire.
- D. a study blade.

4.4.2 When the lost person is located the SAR team needs to

- A. Signal command and let them know a find has been made and location of the find.
- B. Carry out both a primary and secondary assessment of the lost person and then carry out any necessary treatment or care.
- C. Make the lost person comfortable or ready to travel depending upon the situation.
- D. All of the above.