

# FIRST AID FAMILY

\*ARNICA, USE 1st IN ALL INJURY,  
FOR SHOCK, PAIN, BLEEDING, ETC.  
\*IGNATIA, EMOTIONAL SHOCK  
\*ACONITE, SHOCK WITH FEAR

HYPERICUM, Blows to  
head, spine or coccyx,  
Whip lash, slipped disc

ACONITE, relief of pain  
in eye injuries

RUTA, eye strain

ARNICA  
LEDUM  
SYMPHYTUM  
fractures

IPECAC, nausea & vomiting  
ARSEN ALBUM, food poison-  
ing from bad meats

APIS, bee stings  
LEDUM, insect or  
animal bites

Burns,

CANTHARIS - Internally

CALENDULA externally  
HYPERICUM externally  
URTICA URENS sunburn  
BELLADONNA

RUTA, tendon injury  
RHUS TOX, old sprains  
poison ivy

LEDUM, blackeye

PHOSPHORUS, nose bleed;  
after dental extrac-  
tions with bleeding;  
also, electrical shock

HYPERICUM, nerve  
injuries, cuts,  
crushed fingers

RUTA, sprained wrist  
wrist ganglion

PHOSPHORUS, cuts  
wounds, bleeding

CALENDULA  
HYPERICUM

RHUS TOX or  
RUTA, joint  
sprains

ARNICA, muscu-  
lar strains

LEDUM, puncture  
wounds

SILICA, splinters, etc.  
(to expell foreign body)

BELLADONNA  
CLONIDINE  
ANT CRUD  
heatstroke

CARBO VEG, collapse  
or fainting

NUX VOMICA, "hangover headache"  
abuse of alcohol, drugs,  
smoking, food

CHAMOMILLA, teething,  
colic, ear infections,  
diarrhea

ARNICA,  
bruises  
LEDUM

PULEX IRRITANS,  
fleas

Lois Regula

# VITAL SIGN RECORD

Record TIME	BREATHS		PULSE		PULSES BELOW INJURY	PUPILS	SKIN	STATE OF CONSCIOUSNESS	OTHER
	Rate	Character	Rate	Character					
		Deep, Shallow, Noisy, Labored		Strong, Weak, Regular, Irregular	Strong Weak Absent	Equal Size, React To Light, Round	Color Temperature Moistness	Alert, Confused, Unresponsive	Pain, Anxiety, Thirst, Etc.

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**TEAR HERE - KEEP THIS SECTION WITH THE VICTIM**  
**DETACH HERE - SEND OUT WITH REQUEST FOR AID**  
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## SIDE 2 RESCUE REQUEST

EXACT LOCATION (Include Marked Map If Possible)

QUADRANGLE: \_\_\_\_\_ SECTION: \_\_\_\_\_

AREA DESCRIPTION:

TERRAIN:  GLACIER  SNOW  ROCK  
 BRUSH  TIMBER  TRAIL  
 FLAT  MODERATE  STEEP

**ON SITE PLANS:**

Will Stay Put  
 Will Evacuate To \_\_\_\_\_  
 Can Stay Overnight Safely  Yes  No  
 On Site Equipment:  Tent  Stove  Food  
 Ground Insulation  Flare  CB Radio

**LOCAL WEATHER**

EVACUATION:  Carry-Out  Helicopter

Lowering  Raising

EQUIPMENT:  Rigid Litter

Food  Water  Other

**PARTY MEMBERS REMAINING:**

_____ Beginners	_____ Intermediate	_____ Experienced
NAME	NOTIFY (Name)	PHONE

**NOTIFY:**

IN NATIONAL PARK: Ranger  
 OUTSIDE NATIONAL PARK: Sheriff/County Police,  
 RCMP (Canada)