

Emergency Assessment

When you are not sure if you should call #119 or #110...

① RED requires initiation of EMS: Call #119 or #110

意識 Consciousness	意識なし Not Awake	なにかおかしい Something Wrong	通常どおり Normal
呼吸 Breathing	呼吸なし Not Breathing	なにかおかしい Something Wrong something Wrong means = 何かおかしいとは (difficult to breath or Strange Noise when breathing)	問題なし Nothing Wrong
出血 Bleeding	おびただしい量が出ている Bleeding a lot (gushing)	体表面の小さな出血 Just a minor bleeding	出血なし No Bleeding
背骨の損傷 Spine Injury	背中や頭に強い衝撃を受けている Can't deny major Trauma	衝撃なし No major trauma	

② When you call, you may need the Information below

傷病者情報 Patient information	氏名 Name	年齢 Age	性別 Sex
発生現場 Location of the accident		救助者氏名 Your name 救助者電話番号 & Phone #	

③ When you call EMS dispatch, you should state ...

- ◇ Fire or ambulance? → "Ambulance"
- ◇ Location of the accident & the number of patients.

④ While you are waiting for an ambulance / a rescue team...

- ◇ Protect the patient from the environment; See the back of this sheet for tips
- ◇ Gather patient's information for the ambulance crew/ rescue team

記録時間 Time of this record		何が起きたのか How it happend	
主な訴え Chief complaint		アレルギー Allergy	
薬の摂取 Medication		関連する傷病歴 Related Medical History	
直前の飲食と排泄の時間、量、質 Time/Quantity/Quality of last meal/drink/toilet			



Wilderness Medical Associates Japan

World standard of Wilderness First Aid

※このシートを使われている方へ、適切なサポートをお願いします！



Hypothermia can be prevented

① Close all 4 passages for Heat Loss

Evaporation

When moisture evaporates, it takes your heat away!

Do not get wet in the first place. If so, dry or change your clothes. If no other option, tightly package Yourself with a water-proof tarp, etc.

Convection

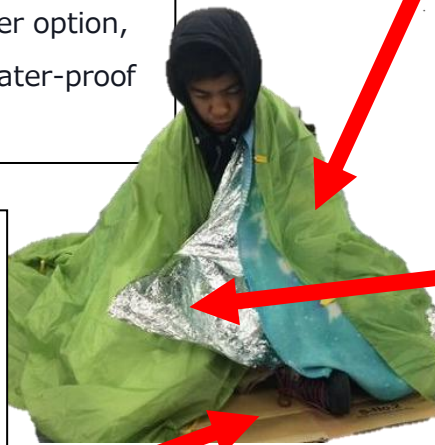
Wind takes your heat away!

Make an outer shell with a tarp, so that the air does not touch your body directly.

Conduction

Direct contact to the ground or cemented surface takes your heat away!

When lying down, place a foam mattress or layers of cardboard. (minimize the area of contact)



Radiation

Your body dissipates heat!

Wrap your body with Emergency sheet or blanket which help prevent radiative cooling. It's better to put heat source inside.

The front of this package is not closed in order to show the inner layers. Minimize the open area only to the face.

② Get calories onboard !

Hydration + Foods (simple sugar / carbohydrate / protein / fat). Once warmed enough, keep adding Fat to help stay warm.

Alert: Do not give any foods patient has allergy to.

③ Uncontrollable Shivering with Drowsiness; Call#119 !

Our Wilderness First Aid courses.



Basic



Advanced



Professional



Medical professional



Doctor or
equivalent



Custom
Workshop