



CHAPTER 5: SURVIVAL AND FIRST AID

Objectives

- Identify the basic requirements for survival
- Explain basic rules to observe in the event a hunter becomes lost
- Explain the causes of hypothermia
- Explain the basic rules for treating bleeding



Introduction

All hunters should know the basic rules of survival. If you do, you can handle any situation that you are faced with. The two most important things to remember are **be prepared** and **don't panic**. You need to be ready for survival situations the minute you leave home, your camp or vehicle. If you wait until you are wet, alone or in thick fog before you think about survival, it may already be too late. Think ahead.

Basic Survival Rules

You will be able to deal with most any situation if you remember these simple rules.

- Remain calm in an emergency. Avoid panic. Stay put.
- Never travel or hunt alone.
- Tell someone where you will be hunting and when you plan on returning.
- Know the weather conditions where you will be hunting.
- Dress for the weather and be prepared for worst.
- Carry a survival kit with you at all times.
- Know how to build a fire even when everything is wet. Carry the materials you will need.
- Carry a map and compass or GPS and know how to use them.
- Be prepared to deal with the enemies of survival.
- Carry a cell phone whenever possible.
- Know the signs of hypothermia.
- Know how to stop bleeding.

Remaining Calm in Survival Situations

To survive you need only four things: A calm head, food, water, and shelter. Do not panic. All of the food, water, and shelter in the world cannot help you if you panic in a survival situation. Keep calm and use your head. Your brain is

your best survival tool.



In a survival situation, remember a “stop” sign for these important steps:



S.....Stop, when you realize you have a problem. The first thing you need to do is to admit that you are in trouble.

T.....Think, about what you need to do to survive.

O.....Observe, the area and look for shelter, fuel, and other objects that may help you survive.

P.....Plan, how you are going to use your survival kit and other resources available to you. Do not wait until dark to plan.

Remain calm. Think clearly. Use the tools you have available to you.

Stay in one place if you are lost. Do not wander around and get yourself into deeper trouble. If you let somebody know where you are going to hunt, they will be looking for you in that area. Aimless wandering will only make the search more difficult. Rescue teams are trained to find you, so stay put.

Plan ways to signal for help. A signal mirror or smoke from a fire can be used. The universal signal for help is three shots evenly spaced. Remember that shots are common during daylight hours in the hunting season. Wait until nightfall to shoot. Three of anything such as toots on a whistle or car horn may also be used to signal a need for help.

Hypothermia

Hypothermia is the number one cause of outdoor fatalities.

Hypothermia occurs when your body loses heat faster than it can produce it, causing your core body temperature to fall.

Hypothermia is often induced by cold, wet conditions, such as rain, snow, sleet, or immersion in water.

Moisture from perspiration, humidity, and dew or rain on bushes and trees can also soak your clothing over time, putting you at risk in cold weather. Wet or damp clothes will draw heat out of your body more rapidly than cold air. Wind lowers your body temperature as it evaporates moisture from your body.

Symptoms of Hypothermia

- Uncontrolled shivering
- Slow, slurred speech
- Memory loss
- Irrational behavior, such as removing clothing
- Lack of body movement
- Sleepiness
- Unconsciousness, which could lead to death

Treatment of Hypothermia

- Find shelter for the victim.
- Remove wet clothing, and replace with dry clothing and other protective covering. If there is no dry clothing, use a fire to dry one layer at a time.
- Give warm liquids to rehydrate and warm, but never give the victim alcohol to drink. Quick-energy foods also produce inner body heat.
- For mild cases, use fire, blankets, or another person's body heat to warm the victim.
- In more advanced stages, warm the victim slowly by placing one or more persons in body contact with the victim. Place canteens of hot water

insulated with socks or towels on the groin, armpits, and sides of the neck of the victim.

- A victim at or near unconsciousness must be handled gently, and not immersed in a warm bath or exposed to a large fire, which can lead to traumatic shock or death. Immediately contact emergency medical personnel to evacuate the victim to a hospital for treatment.

Basic First Aid

Every hunter should take a first-aid course to learn what to do in case of injuries.

Bleeding

Bleeding can be a life threatening situation, shock and loss of consciousness can occur rapidly if the bleeding is not stopped properly and quickly.

To stop bleeding:

- Apply direct pressure on the wound with a sterile gauze pad or the cleanest cloth material you may have. Do not lift the pad to check the wound, it will only cause bleeding to start again.

Direct pressure and elevation are usually all that is needed to stop most bleeding. A tourniquet should be used **ONLY** as a last resort to stop severe bleeding that does not stop using direct pressure.

Water Safety

Since all animals need water for survival it is no surprise that you will sometime hunt around water. Be sure to know how to be safe around water so you

can prepare against some of these common accidents. Here are some helpful tips to keep you safe.

Wading

- Be sure that you wear a belt with your waders so if you slip they don't fill up with water.
- Check the depth of the water with stick or wading staff before going.
- Don't wade to the top edge of your waders.
- Have appropriate soles on your boots to match the bottom you are walking on.



Walking on Ice



Ice Spikes

- Check the thickness of the ice before walking on.
- 4 inches of clear black ice can safely hold you and your gear.
- White ice is not as strong as black ice.
- Moving water doesn't freeze as quickly as still water. Take this into consideration when crossing streams or rivers.
- When traveling on ice always carry ice spikes. In the event you should fall through the ice they are used to assist you with climbing back onto the ice.

Boating

- Do not overload the boat. Make sure the weight is evenly distributed.
- Do not stand in the boat.
- Make sure your equipment is in good condition and you know how to use it.
- Make sure there are PFD's (Personal Flotation Devices) for everyone on board. Children 12 years of age and



under must always wear a PFD.

- Check weather forecasts frequently. Do not go out if weather is questionable.