WARNING

Disposable gloves to be worn where possible to prevent cross infection of blood borne diseases
UNDER EFFECTIVE ENEMY FIRE

THEN

IF ACCESS TO CASUALTY POSSIBLE
- Self/buddy tourniquet for severe limb bleeding
- Roll unconscious casualty face down (head to one side) to maintain airway/drainage

WIN FIRE FIGHT

FIRE FIGHT WON
CONTROL THE INCIDENT

ASSESS
Safety: self, casualty, weapons
Casualties: how many, how bad?

COMMUNICATE
Send initial SITREP

TRIAGE

Two or more Casualties: Drill 1
One Casualty: Drill 2
You must triage all casualties before treatment.

1. Assess the priority
2. Write it on Casualty’s cheek or where visible
3. Move to next casualty

START HERE

Walking?

- YES: Write T3
  - UNDER EFFECTIVE ENEMY FIRE
  - DEAD

- NO

Breathing?

- YES: Start to Breathe: Roll to ¾ prone position
- NO: Call for assistance to carry out BLS

Airway opening procedures

- NO

Catastrophic Limb Bleeding:

- YES: use tourniquet
- NO

Breathing Rate

- under 10 or over 30/min: Write T1
- 10-30/min: Write T1

Pulse Rate

- unconscious or over 120/min: Write T1
- under 120/min: Write T2

go to DRILL 2
**DRILL 2**

**INJURED SOLDIER**

**LIMP**
- Apply CAT tourniquet

**OTHER**
- Pack wound with field dressing.
- Press hard into the wound with fingers/knuckles

If catastrophic bleeding continues
**SEEK IMMEDIATE SUPPORT FROM TEAM MEDIC**

**GO TO**

**NO**

**Drill 3**

**YES**

**Drill 4**

**OK**

**Drill 5**

**CHECK Breathing**

**DIFFICULTY**

**Check for bleeding, breaks and burns**

**A**

Shake and shout, any response?

**B**

Check breathing

**C**

Check for bleeding, breaks and burns
Check the Airway
Open mouth, look inside, pick out any debris.
Check for breathing for up to 10 secs

None

If 2 Persons:
Jaw Thrust
and check for breathing for up to 10 secs

None

If 1 Person:
Head-Tilt and Chin Lift
and check for breathing for up to 10 secs

None

UNDER EFFECTIVE ENEMY FIRE
DEAD

NOT UNDER EFFECTIVE ENEMY FIRE
START BLS

Difficulty in breathing

YES

Drill 4

Place in ¾ prone position, unless carrying out Jaw Thrust

NO

go to DRILL 5
Difficult Breathing

If not already done check the AIRWAY, open mouth and look inside. Pick out any debris.

If difficulty continues consider the following reasons:

### Airway Burn

- Swelling
- Burn in the mouth or tongue blisters
- Hoarse voice
- Coughing up sooty spit

Maintain Airway and treat with sips of water

**EARLY EVAC ESSENTIAL**

### Chemical Contamination

Follow CBRN Drills

### Sucking Chest Wound

Apply Chest Seal

If reduced level of response place in ¾ prone position

go to DRILL 5
DRILL 5

BLEEDING

Full body check for bleeding, breaks and burns
DO NOT remove embedded foreign objects

IF BLEEDING
1. Apply a field dressing to the wound
2. For large wounds pack the wound with a dressing
3. Apply pressure through the dressing into the wound
4. Secure the dressing in place
5. Elevate bleeding limb (above heart level)

IF STILL BLEEDING
Apply a second field dressing OVER the first

• If tourniquet applied during care under fire, gently release tourniquet and assess if bleeding can be controlled by pressure through dressings and elevation

• If tourniquet is still required write T where visible and record time

ABDOMINAL WOUNDS
• Do not push protruding organs back into place
• Do not give any food or drink
• If organs protruding apply wet dressing
• If no protrusions apply firm dry dressing and support casualty in comfortable position

INTERNAL BLEEDING SUSPECTED (if no further injury)  go to Drill 10

Pain relief if required  go to Drill 8

go to DRILL 6
Treat dislocations the same as breaks
Suspect a break or dislocation if there is:
• History of trauma
• Bruising
• Pain
• Swelling over a bone or joint
• Reduced or loss of movement
• Deformity of the bone or joint

Is there an arm or leg break?

YES

Consider pain relief

THEN

Immobilise the limb

NO

Drill 7

go to DRILL 7
Apply water to cool the burn

DO NOT cover the whole body in cold water

THEN

If NOT airway burn consider pain relief

THEN

• Lightly cover skin burns with field dressing(s)
• If phosphorous present - remove
• Cover phosphorous burns with a wet dressing and keep wet

Drill 8

go to DRILL 9
DO NOT Give Morphine without medical advice if there is:
• A reduced level of response
• Difficulty breathing
• A head injury

Give Morphine for:
• Breaks/dislocations of arms or legs
• Painful burns
• Bullet, fragment or stab wounds of the abdomen or limbs

1. Place Morphine auto-injector against upper thigh, remove safety pin, press and hold for 10 seconds, then remove auto-injector, then break needle off
2. On the cheek write ‘M’ and the time using 24 hour clock

Return to either:
- Bleeding: Drill 5
- Breaks: Drill 6
- Burns: Drill 7
DRILL 9
COLD INJURY & HEAT ILLNESS

Think about Hypothermia when the individual:
- Has been exposed to cold and wet
- Is unresponsive and their treatment is delayed
- Is pale and cold to touch

ACT

1. Remove from the cold, strip off any wet clothing and dry body
2. Keep warm in sleeping bag/other insulator
3. Move into a building, or a running vehicle
4. If conscious give warm drinks and hot food (if no further injury)

Think about heat illness when the individual:
- Has done heavy exercise
- Is tired and confused
- Is red, and hot to touch

ACT

1. Remove from heat, strip off heavy clothing, elevate feet if conscious
2. Drizzle cool water over remaining light clothing and fan air onto casualty
3. If conscious get them to drink cool water

go to DRILL 10
Life threatening considerations:

- Unresponsive
- Upper airway burn
- Breathing difficulties
- Severe external bleeding
- Tourniquet applied
- Signs of internal bleeding

Evacuate as T1

All Walkers Evacuate as T3

All Others Evacuate as T2

Send final CASREP to include:

Number of Casualties
Confirm your Grid Reference
Priorities
T1
T2
T3
Estimated time of arrival and type of medical evacuation
Additional space on Notes page
After final CASREP carry out the following care drills:
1. Ensure your casualty is protected from the weather
2. Look for signs and symptoms of shock (pale colour, sweaty skin, fast and weak pulse) and treat with:
   • Reassurance
   • Warmth
   • Rest
   • Fluids if safe

Give 2nd Morphine after 30 minutes if required (Drill 8)

Place in alternate ¾ prone position after 30 minutes

Repeat triage (Drill 1) while awaiting evacuation. Priorities may change.
### INDIVIDUAL DEPLOYMENT EQUIPMENT SCHEDULE

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>First field dressing</td>
<td>x 2</td>
</tr>
<tr>
<td>Morphine Auto-injector</td>
<td>x 2</td>
</tr>
<tr>
<td>CAT tourniquet</td>
<td>x 1</td>
</tr>
</tbody>
</table>

Team Medic will carry the section’s additional medical equipment.
You must always start at the MASTER DRILL

Start at the top of each page and work down

The following rules apply:

Red boxes are WARNING

Blue boxes are ACTIONS

Grey arrows are general directions

BLS = BASIC LIFE SUPPORT
Initial SITREP

Casualty Numbers:

Your Grid Reference: