**Section Review: First Aid and Survival**

1. You’re hunting alone and have twisted your ankle. You can’t walk on it at all and your cell phone is out of service range. What is the international emergency distress signal you would use to let others know where you are? If it is night-time, what is the most effective signal you can use?

3 signals of any kind

large bright fire

1. How long can you survive without any food? How long can you survive without any water? When should you drink water, so as to prevent dehydration?

Food:

Water:

Drink even when you are not thirsty

1. You are lost in the woods. What is the first thing you should do? What is the most practical or easy way to accomplish this?

Build a fire

Use wooden matches

1. The butt end of a tree bough should be facing down when building a lean-to TRUE or FALSE (circle)
2. The best way to prepare food you’ve caught when hunting is to boil it. Why is this?

The warm food will help to keep you warm, it ensures it is fully cooked, you will have lots as a result (goes a longer way so you feel full for more days)

1. List all the factors that can affect survival when lost in the wilderness

Pain, cold, thirst hunger boredom and loneliness

1. You are hunting and you come across someone who is unconscious. What is the first thing you should do?

Check if they are breathing

1. You have frostbite on your fingers. The best way to warm them is to stick your hands in your armpits.

TRUE or FALSE (circle)

1. Why should you use a cold compress instead of a hot compress when you sprain or strain a body part while hunting?

This will help to reduce swelling and relieve pain by numbing the area

1. Your friend has just experienced trauma and is in shock. You should keep them lying down and make sure they are warm.

TRUE or FALSE (circle)

1. Hypothermia, even mild, could become potentially life threatening. What is hypothermia and how should it be treated?

Hypothermia is when the inner bodies temp has decreased more than 2 degrees If in water, assume the HELP position and on land, drink warm non alcoholic beverages and bundle up to stay warm. Seek medical help immediately

1. You’ve burnt your hand while making a signal fire. To treat it, you should apply a cold compress until the pain lessens, and then wrap it up with a t-shirt or other fabric

TRUE or FALSE (circle)