

Make sure your cellphone is on roaming.

At the hotel front desk, leave a message telling where you are headed.

This makes Search & Rescue a lot easier when you are lost.

Emergency Assessment

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

意識 Consciousness	意識無し Unconscious	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	問題なし Nothing Wrong
	something Wrong means = (difficult to breath or strange noise when breathing)		
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 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 bellow

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			

Hypothermia Can Be Prevented

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① Close all 4 channels of Heat transfer

Evaporation

When moisture evaporates, it takes your heat away!

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

Convection

Wind takes your body heat away!

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

Radiation

Your body dissipates heat!

Wrap your body with Emergency sheet or blanket which helps prevent radiative cooling.

It's better to put external heat source (hot water bottle. etc.) inside the blanket.

Conduction

Direct contact to the ground, rocks or cement surface takes your heat away!

When lying down, place a foam mattress or layers of cardboard underneath your body. (minimize the area of contact & maximize



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 the patient has allergy to.

③ Uncontrollable Shivering with Drowsiness; Call#119 !



Wilderness Medical Associates Japan

The global standard of Wilderness First Aid

※このシートを使われている方への適切なサポートをお願いします！

