

5. Check circulation ("C")

- assess and stop external bleeding (also check the back !)
- consider changing tourniquet that is already in place, for dressings (not in traumatic amputations or if casualty is in shock)
- determine pulse rate at radial (if absent, at carotid) artery
- check for shock: sweaty; pale/grey;
 - respiratory distress / rate >30/min
 - absence of radial pulse / pulse rate >120/min
- stop internal bleeding by splinting injured limbs
- follow **NATIONAL guidance** on drinking, i.v. access, i.v. fluids
 - check neurological status (#6)

6. Check neurological status ("D")

- conscious <> unconscious
- pupils
- movement of all limbs

Next perform **Secondary Survey** (if feasible) ;

then:

- prevent HYPOTHERMIA
- position casualty
- give pain relief & medication; provide comfort
- communicate
- re-examine casualty as often as possible; re-triage if necessary
- evacuate

SUMMARY



CARE under FIRE TACTICAL FIELD CARE

Security

Call for help

Master Drill: under fire / hostile / safe (prepare to switch !)

UNDER FIRE

(Care Under Fire)

- win the fight / get out
- don't get hurt yourself
- prevent additional injuries to casualty
- direct casualty to get under cover, to return fire and to apply self-aid
- stop life threatening external bleeding "c"
- turn unconscious casualty on belly A

HOSTILE/SAFE

(Tactical Field Care)

- secure the area and everybody present (gloves?)
- disarm casualties with altered consciousness
- assess number of casualties, then: (triage), assess, treat →
- perform Primary Survey

PRIMARY SURVEY

1. Stop life threatening external bleeding "c"

- follow NATIONAL guidance on tourniquet / hemostatics
- write T plus time on casualty, when using tourniquet
- assess bleeding / distal pulse when using a tourniquet

2. Immobilize neck of casualty (in blunt trauma) and shout

- unconscious casualty (not reacting):
 - * open airway ("chin lift") and inspect mouth; clean if necessary
 - passage of air present: maintain airway & check breathing (#4)
 - passage of air absent and environment hostile → dead
 - passage of air absent and environment safe → consider CPR (after double-sided decompression?) (NATIONAL guidance)
 - CPR successful and casualty unconscious:
 - maintain airway & check breathing (#4)
- conscious casualty (reacting): check airway (#3)

3. Check airway ("A") (ask what's wrong)

- voice clear/breathing NOT noisy: check breathing (#4)
- voice hoarse/breathing noisy: permit casualty's "own" posture
 - inspect mouth; clean if necessary
 - check breathing (#4)

4. Check breathing ("B") (also check the back !)

- >30/min(or inability to count to 10): ← chest injury, blast, shock
- <10/min: ← head injury
- cover (sucking) chest wound with airtight dressing
- decompress if necessary (NATIONAL guidance)
 - check circulation (#5)