

Survival Show Podcast - Notes:

#120: First Aid 101: What Preppers Need to Know - But Always Forget.

[PODCAST DESCRIPTION]

► Imagine... NO ONE is coming to help! COULD YOU you save a life in a medical emergency? Today we are starting a new 20+/- part series on First Aid and Medical Preparedness with a man who has been saving lives and training first responders for over 30 years - Mr. Andy Tom.

Listen to the Podcast: [Click Here](#)

Watch Podcast: [Click Here](#)

Download FULL Show Notes PDF (WITH Checklists, Forms and Graphics): [Click Here](#)

► Links Mentioned in Podcast ▼

✓ Red Cross First Aid Apps: <https://bit.ly/473XTIG>

✓ Stop the Bleed Training: <https://www.stopthebleed.org/training/>

✓ Tiny First Aid and Survival Guides: <https://bit.ly/3O5Vu0X>

✓ Ready Made Pocket Survival and First Aid Kits: <https://bit.ly/3Opja1M>

MORE COOL Links You'll Want:

► Checkout David's Sweet NEW PACK-1 Knife: <https://www.pack1knife.com>

► Get the **SHOW NOTES** (with HOT links to all the gear we discussed today) **HERE:** <https://ultimatesurvivaltips.com/blogs/the-survival-show>

► Take 25% Off Anything in Our Shop (Use CODE **SURVIVALSHOW25** at checkout): <https://ultimatesurvivaltips.com/>

▶ **Build Your Custom EDC Survival Kit Here**

▶ **Online Survival MASTERCLASS (Get Up to Speed Fast!): <https://www.tinysurvivalmasterclass.com>**

▶ Checkout Tylers's Website and Stuff @ [TJackSurvival.com](https://www.TJackSurvival.com)
[SurvivalDispatch.com](https://www.SurvivalDispatch.com)

▶ **Visit ULTIMATE SURVIVAL TIPS Website: <https://ultimatesurvivaltips.com/>**

ADDITIONAL Resources and Links:

▶ David's **MSK-1 Knife**: <https://ultimatesurvivaltips.com/pages/msk-1-knife>

▶ Get Your **Harvest Right Freeze Dryer - SPECIAL DEAL** for TSS Listeners:
Use Link: ultimatesurvivaltips.com/freeze (For FREE Shipping, Upgraded Premium Pump and Starter Kit)

[SHOW START HERE]

[OVERVIEW]

Introduction, Introducing Andy and TFG.

Welcome to THE SURVIVAL SHOW Podcast - Where it's our mission to take you step by step through the mindset, skills, tactics, gear and supplies you need to survive almost any emergency, disaster or unexpected life situation...

I'm David... the founder of Ultimate Survival Tips, MSK-1 Knife, Tiny Survival and your host for today's show...

Today I have a special guest, Mr. Andy Tom. Andy has over 30 years as a first responder, emergency medical and first aid instructor, Medical First Response and Safety and Security Team lead for a major medical provider with over 90,000 employees across 40 hospitals.

Andy and I are going to discuss:

00:00 Introduction
01:45 Series Over View
03:12 Andy's Backstory
10:20 Importance of Being Medically Prepared
13:43 Rewards of Being a Paramedic
14:20 Survival Rule of 3's
15:26 What Will Kill You First?
16:55 Environmental Preparedness
17:30 Importance of Communication
21:30 First Steps of Becoming Medically Prepared
26:30 Future First Aid Demo Ideas
29:05 First Steps in a Medical Emergency
35:41 Trauma Situations Vs. Medical Emergencies
39:07 Personal Emergency Information
41:22 Emergency Contact
43:18 Mutual Aids and Resources
45:33 Where to Get Basic First Aid Training
48:17 Action Steps for Better Preparedness
AND... a Lot More.

First Aid Series Overview.

Andy's Backstory

What inspired him to become a paramedic and save lives, how he bounced around PA and even ran a restaurant for a while, his current work.

What is the importance of being medically prepared?

Could you save someone's life if you had to?

The rewarding aspect of being a paramedic

Survival Rule of Threes (See Section D from the Tiny First Aid Guide Above), knowing what we need to survive 3 minutes, 3 hours, 3 days, and 3 weeks.

What will kill you first?

Let's apply the survival rule of threes, realizing the dangers of hypothermia and hyperthermia, thirst, and starvation.

Emergency / Survival Rule of THREE - From the Tiny First Aid: Get Yours [HERE](https://ultimatesurvivaltips.com/products/new-tiny-first-aid-guide): <https://ultimatesurvivaltips.com/products/new-tiny-first-aid-guide>

LIFE SAVING: PRIORITIES

Simple System for Saving Lives

It's easy to get distracted and overwhelmed in times of crisis. The **Priorities of Survival and First Aid** will help keep you focused on the most important "next steps" for the safety and survival of those under your care - regardless of the scenario.

Priorities of SURVIVAL **D1**

RULE OF THREE

Based on the life-sustaining physical needs of the human body - the **Rule of 3** is a GENERAL guide to help prioritize survival / first aid tasks.

3 Minutes - Humans can't live for more than three minutes without proper air or blood flow. **Concerns: Safety, Trauma, Bleeding, Breathing, Heart, Allergies, Poison, Shock.**

3 Hours - Humans can't live for more than three hours without a properly maintained core body temperature. **Concerns: Shock, Hypothermia, Hyperthermia, Exposure.**

3 Days - Humans can't live for more than three days without water. **Concerns: Dehydration, Hygiene, Disease, Contamination, Poison.**

3 Weeks - Humans can't live for more than three weeks without food. **Concerns: Starvation**

FIRST AID Priorities: DRS CAB **D2**

DRS CAB See Right →

The #1 Priority in a medical emergency is to save lives! The acronym **DRS CAB** can help prioritize and structure your actions. **(See Right)**

D - Danger: Assess scene. Ensure safety for you and victim/s before proceeding. **(See F1)**

R - Response: Check victim response. Are they alert / aware, or unresponsive? **(See F2)**

S - Send / Severe / Spine: SEND for help. Stop SEVERE bleeding. Consider SPINAL injury.

C - CPR / Compressions: Unconscious victim NOT breathing? Begin CPR. **(See F4, H)**

A - Airway: Check / Clear AIRWAY. **(See F5)**

B - Breathing: Look, listen and feel for normal breathing. If none, you may provide emergency / rescue breaths. **(See F6)**

Environmental Preparedness

Knowing what you need, dressing for your environment, having the proper supplies.

Importance of Communication

Let people know where you are going and what you are doing, keep your phone handy, make sure they know where to look for you.

First Steps to Become Medically Prepared

Take basic First Aid class. Future First Aid demo ideas for this series.

What to do in a Medical Emergency?

First Steps:

Safety First - making sure the scene is safe

Personal Protective Equipment (PPE)

Calling 911, telling them the basics of the injury, the Mechanism Of Injury (MOI), and the current condition of the victim and make sure they know how to reach you before hanging up.

Trauma Situations, when to move a patient, trauma situations vs. medical emergencies, what to do in trauma situations.

Personal Emergency Information, jewelry you can buy with your condition(s) on it, the State Police program packets and stickers.

Emergency Information Card - From the Tiny First Aid: Get Yours
[HERE: https://ultimatesurvivaltips.com/products/new-tiny-first-aid-guide](https://ultimatesurvivaltips.com/products/new-tiny-first-aid-guide)

CALL 911 **EMERGENCY INFORMATION** **A**

For Help **Call 911 • Emergency Medical Help • Fire • Rescue • Police**
 Outside of USA • UK - 999 • EU - 112 • AU - 000 • NZ - 111 • COUNTRY - NUMBER

Calling for help in an emergency is vital. If possible, **CALL 911 IMMEDIATELY. BE PREPARED TO PROVIDE:**

- Your exact location
- Nature of emergency
- Number of victims
- Condition of victims
- Report of relevant hazards in area
- Your name and call-back information.

EMERGENCY PHONE NUMBERS

Alt. Emergency #: _____
 Poison Help (USA): 1-800-222-1222
 Doctor: _____
 Police: _____
 Fire: _____
 Ambulance: _____

PERSONAL INFORMATION

Name: _____
 Address _____
 Medications / Allergy Info: _____
 _____ Blood Type _____
 Contact: _____
 Phone: _____

EXPERT TIP **Be Aware: Check for Hazards and Dangers First! (See F1)**

Emergency scenes are often unsafe. So make sure you assess any hazards and look for danger signs **BEFORE** attempting to help a victim. Only approach your subject after you have determined that it is safe to do so. **Look For Safety Hazards Such As:**

- Traffic
- Downed Electrical Lines
- Smoke
- Fire
- Chemical or Gas Spill
- Fallen Objects
- Criminal Perpetrator.

▶ **If Emergency Medical Help is NOT Available - AND Area is Safe - Begin First Aid** ▶

Emergency Contact numbers, having an In Case of Emergency (ICE) contact on your phone for medical responders to use .

Mutual Aids programs, how hospitals connect to insure that there are always responders available, learning about the resources near you for better preparedness.

American Heart Association (AHA) and American Red Cross resources online, courses you can take in a day to become more medically prepared. (See Links Above).

Action Steps to Take Now:

Have personal emergency information (Vial of Life)

Get the right mindset to learn First Aid

Have First Aid Kits and CPR masks readily available in your house and vehicles

Look online for information and classes.

DO it Today!

[PROMO SPOT]

But Before We Get Into all this great content... let me ask you a question...

Do you love the informative and family friendly survival, preparedness and personal growth content that we share with you every week?

If so... can you do me THREE solid favors right now...

First, help me accomplish our goal of doubling our audience size in the next 3 months so that we can help even more people be prepared - before it's too late...

By... ONE - sharing this - your family friendly preparedness podcast - with the people you care about...

TWO - Go leave an honest FIVE STAR review and comment where ever you listen.

AND THREE...

You can help me get the additional staff we need at so that I can have a life and out team can continue to serve up podcasts, videos and unique survival and preparedness gear that you can't find anywhere else... by going over to UltimateSurvivalTips.com and subscribing to my weekly survival e-mag.

By doing so you will get weekly tips, tricks, training, and be the first to know about our new MSK-1 knife and gear releases and giveaways.

And while you're there... you can also grab the show notes for this podcast including checklists and gear links... AND pick up some of my survival and preparedness gear - at UltimateSurvivalTips.com

To encourage you help us out... I am going to give you a full 25% off ANYTHING in our store including our - Made in the USA - MSK-1 and new PACK-1 survival knives.

As a THANK YOU for your support - use Code: SURVIVALSHOW25 at check out over at UltimateSurvivalTips.com

That's **CODE: SURVIVALSHOW25**. For 25% off anything in our store for the next week at UltimateSurvivalTips.com

Thank you in advance for your encouragement and support...

Okay... let get into today's show...

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[EXIT / OUTRO]

Now before we head out of here I'd like you to do TWO things to help us - help others LEARN how to be better prepared now - before disaster strikes...

FIRST - Please pay it forward... by sharing our FAMILY FRIENDLY content... with the ones you love... and on social media... Then Go give us a 5 Star Rating and Honest review wherever you listen to this podcast...

And SECOND... Go on OVER to our MOTHER SHIP -

UltimateSurvivalTips.com com and check it out... There's LOTS of free content like our Weekly Survival E-Mag Newsletter AND while you are there, check out my MSK-1 Knives and all the EDC Survival Gear I designed for you and the ones you love...

And WHILE you are there... don't forget to click on the PODCAST Tab to get the Show Notes PDF (with links) to things we discussed today...

[END]