

# Fastest Way To Prepare

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### In This Module...

- How to have simple, *secure* radio handsets for communicating with friends and family...without breaking the bank.
- Trauma techniques from combat medics, disaster first responders, and 3<sup>rd</sup> world missionary doctors that work whether you have the right supplies or not.
- Medical alternatives for when pharmacies aren't an option.

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### Ideal Communications

- Affordable
- "Secure" & "private" transmissions
- High quality mic's and speakers
- Easy to operate
- Great range
- Long battery life & affordable replacements
- Durable
- Uncrowded frequencies

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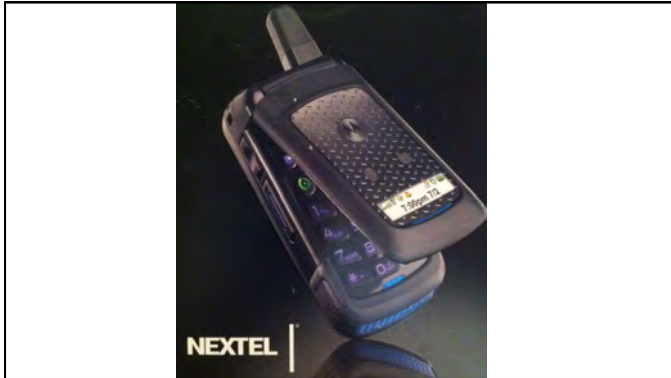
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### Motorola MOTO/Direct Talk

- Uses 900 MHz range (phones, baby monitors, etc.)
- Frequency Hopping Spread Spectrum (FHSS) 11 times/sec
- 10 Channels & 15 sub-codes
- Channels aren't frequencies
- Incompatible with other FHSS platforms
- Isolation=security

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### Motorola Phones that Support Direct Talk

- |             |               |
|-------------|---------------|
| • i9        | • i425        |
| • i880/i885 | • i365/i365is |
| • i870      | • i355        |
| • i850/i855 | • i335        |
| • i776      | • i325/i325is |
| • i760      | • i315        |
| • i670      | • i290        |
| • i580      | • i275        |
| • i576      | • ic902       |
| • i570      | • ic502       |
| • i560      | • ic402       |
| • i450/i455 |               |

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-Switch to Ebay-

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### **Improvised Medical and Trauma Management**

Treating yourself or others for medical/trauma conditions without proper training could worsen the problem and even cause death.

This section is for educational/entertainment purposes only. It is a great starting point to help you determine What kind of formal training you'd like to get, but should not be considered medical/trauma training on it's own.

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VERY serious topic to me...

- Exposed formally from an early age
- Backcountry guiding
- Formal wilderness and tactical training
- Ski Patrol
- Has taught me how to listen to my body

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## Why Improvisation is SO Important

- You won't always be fully equipped when something happens
- You can't carry enough to help many people.
- Resupplying isn't always an option
- You may not know how long you have until you can resupply
  
- The BEST way to help the most people is to keep yourself in good shape and being able to take care of yourself so you're not a drain on the EMS system.

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## Trauma vs. Medical Issues

### TRAUMA

- Sprain
- Strain
- Break
- Cut
- Stab
- Tear
- Abrasions

### MEDICAL

- Temperature regulation
- Dehydration/sodium
- Blood sugar
- Medication withdrawal
- Acute illness/infections
- Chronic illness
- Heart issues

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## Bleeding

- **R**est (calm down, stop moving, control pulse and blood pressure)
- **E**levation (raise the limb above the heart)
- **D**irect Pressure (Pressure Points)
  
- Reality—D, D, more D, then E&R

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### Valuable Trauma Items You Won't Find In The Medical Supply Isle



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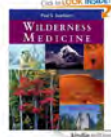
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### Training Resources

- Local EMS
- Search & Rescue
- CERT
- Volunteer EMS
- NOLS
- Outward Bound
- Wilderness Medical Assoc.
- Wilderness EMT / OEC
- W. First Responder
- Tactical First Responder



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### Medical Emergencies

What If There Aren't Any More Medications?  
(Limitations on What I Can Say)

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Chronic vs. Acute

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- Fevers – Let them go (within reason)
- Diarrhea – Let it go (within reason)
- Diabetes – Diet and exercise
- Pain...

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Pain Management

- Over the counter
- "Mind over matter", self-hypnosis, meditation, "happy place"
- Prayer
- Human touch/pet
- Poppies
- Psychotropics (Administered by a doctor)
- Exercise

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### 9 Other “must have” Items

- Psyllium (Metamucil)
- Salt
- Tea Tree Oil (the good stuff)
- Baking Soda
- Cinnamon Oil (MRSA! Institute of Infection, Kiel, Germany)
- Benadryl < Only “drug” name listed
- Chemical Heat & Cold Packs
- Cranberry capsules (D-Mannose)
- Vitamin D (Check Vitacost.com for drops)

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### 5 Tricks to Strengthen Your Immune System

- Get daily exposure to sunlight
- Get enough sleep
- Burn clean fuel in your body
- Wash your hands
- Don't touch your face

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Questions? Comments?  
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