FREE PRINTABLE RESOURCE

BASIC INJURIES FIELD CARD

Bleeding first, always. Then fractures, then burns. Decide on 911 before you decide on anything else.

CALL 911 IMMEDIATELY IF

- ☐ **Blood is flowing continuously or spurting**
  Red Cross. Or volume looks like half a soda can or more (less in a child)
- ☐ **Signs of shock**
  Rapid weak pulse, rapid breathing, pale/gray/cool moist skin, confusion, excessive thirst
- ☐ **Bone visibly deformed, protruding, or a limb is cold/numb below the injury**
  Red Cross fracture red flags
- ☐ **Burn to the face, hands, feet, joints, or groin, or bigger than the palm**
  Red Cross Scientific Advisory Council
- ☐ **Any head, neck, spine, or pelvic injury**
  Do not move the person unless the scene is unsafe

STOP THE BLEEDING FIRST

- ☐ **1. Find the source, place a dressing, press hard**
  Steady, firm, direct pressure. Body part on a firm surface
- ☐ **2. Blood soaks through? Add a pad on top**
  Never remove the original dressing. Never stack past what soaks through
- ☐ **3. Limb bleeding not controlled by pressure: tourniquet**
  If trained and available. Note the time it went on
- ☐ **4. Scalp, neck, shoulder, groin, back: pack the wound**
  If trained. Use hemostatic gauze if you carry it
- ☐ **5. Object still stuck in the wound: leave it**
  Pack and bandage around it. Removing it can restart the bleeding
- ☐ **Hold pressure until: bleeding stops, a tourniquet is on, someone relieves you, or you can't**

FRACTURES, SPRAINS, STRAINS

One rule covers all three. Red Cross: treat every muscle, bone, and joint injury as a possible fracture. You usually cannot tell them apart without an X-ray.

- ☐ **Stop them moving the injured part**
  Support it in the position found. Splint if trained and transport is delayed
- ☐ **Closed wound: cold pack, 20 min on / 20 min off**
  Wrap the pack. Never place ice directly on skin
- ☐ **Open wound and bleeding: direct pressure first**
  Fracture care never comes before bleeding control
- ☐ **Suspected rib fracture: brace with a pillow or folded shirt**
  Sit them in a position that eases breathing. Watch for trouble breathing

BURNS: WATER HELPS, LITTLE ELSE DOES

- ☐ **Cool, clean running water, 5–20 minutes**
  Red Cross. Lukewarm is fine if cool isn't available
- ☐ **Remove clothing/jewelry near the burn unless stuck to it**
- ☐ **Leave it uncovered, or cover loosely with a clean non-stick dressing**
  Never an adhesive bandage directly on a burn
- ☐ **No butter, no cream, no ice, ever**
  Grease seals in heat; ice can damage already-injured skin
- ☐ **Chemical or electrical burn: cool for 15+ minutes minimum**
  Cut power first on an electrical burn. Flush an eye until EMS arrives

INFECTION & TETANUS (CDC)

- ☐ **Watch days 1–2: some redness/warmth/swelling is normal**
  A healthy wound improves daily. Worsening after 48 hours is a warning sign
- ☐ **Red streaks, spreading redness, fever, or gray/numb skin = urgent care now**
- ☐ **"Dirty" wound + last tetanus shot 5+ yrs ago = get boosted**
  CDC: punctures, animal bites, burns, frostbite, compound fractures all count as dirty/major
- ☐ **Clean, minor wound + last shot 10+ yrs ago = get boosted**
  The 10-year rule only covers clean, minor scrapes

Last tetanus shot: _____

Full guide: tacticalbox.com/blogs/tacticalbox-blog/treating-basic-injuries-when-help-is-far-away

Sources: American Red Cross first aid guidance (wounds, external bleeding, fractures, burns); CDC clinical guidance for wound management and tetanus; CDC signs of wound infection.

GEAR UP BEFORE YOU NEED IT. NEW GEAR MONTHLY.

TACTICALBOX