

Wilderness and Remote First Aid

GLOSSARY



Primary Assessment	MOI	Mechanism Of Injury
	ABCDE	Airway, Breathing, Circulation, Disability (Spinal Cord), Environment
	BSI	Body Substance Isolation and PPE, Personal Protective Equipment
Secondary Assessment	SAMPLE	Signs & Symptoms, Allergies, Medication, Pertinent past medical history, Last intake & output, and Events surrounding incident.
	LOC	Levels Of Consciousness (Sometimes referred to as LOR, Responsiveness)
	RR	Respiratory Rate
	HR	Heart Rate
	BPM	Beats Per Minute
	SCTM	Skin Color, Temperature, and Moisture
	SOAP	Subjective, Objective, Assessment and Plan
	DOTS	Deformities, Open injuries, Tenderness, Swelling
	CSM	Circulation, Sensation and Motion
	AVPU	Alert (O x 4 – name, where, when, what happened)
		(O x 3 – name, where, when)
		(O x 2 – name, where)
		(O x 1 – name)
	Verbal, Pain and Unresponsive	
Call	GPS	Global Positioning System
	EMS	Emergency Medical Services
	H.A.in. E.S.	High Arm IN Endangered Spine
Head, Neck & Back Injuries	BEAM	Body Elevation, And Movement
	FOAM	Free Of Any Movement
Bones & Joint Injuries	RICE	Rest, Immobilization, Cold & Elevation
Burns – Rule of Palmar Surface	TBSA	Total Body Surface Area
Lightning	30 -30 Rule minutes.	30 seconds between flash and boom... stay safe for 30 minutes.
Altitude Illness	AMS	Acute Mountain Sickness
	HACE	High Altitude Cerebral Edema
	HAPE	High Altitude Pulmonary Edema
Stroke	FAST	Face droop, Arm droop, Slurred speech, Time of onset

