

<p>Instructor Training Aids and References Fanny pack with basic and practical training aids for basic first aid and survival. Hunter Safety manual, "Survival" DVD</p> <p>TIME PERIOD: 15 minutes without DVD, 45 minutes with DVD</p>	<p>TYPE OF LESSON</p> <p><input type="checkbox"/> E.D.O.C.</p> <p><input checked="" type="checkbox"/> LECTURE</p> <p><input type="checkbox"/> DISCUSSION</p> <p><input type="checkbox"/> DEMONSTRATION</p>
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<p>OBJECTIVE(S)</p> <ul style="list-style-type: none"> • Understand the importance of basic first aid and survival skills. • Understand that these skills cannot be competently learned in the Hunter Safety Course. • Encourage additional First Aid, CPR and Survival training from other educational sources.
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LESSON OUTLINE	ITEMS NEEDED
<p>EDUCATE:</p> <ul style="list-style-type: none"> • The chance of needing to know basic first aid and CPR sometime in your life is fairly high. Most of the time these skills will be used at home, work or during activities other than hunting, ATV and snowmobile use. • If you do any recreational activity in semi remote areas then having basic survival skills are necessary. • There is not enough time in this safety program to develop these skills. • Take First Aid, CPR and Survival skill training when offered. <ul style="list-style-type: none"> ○ Schools, Technical Institutes ○ Hospitals, Fire Departments ○ Boy/Girl Scouts ○ YMCA • Having a pack with the basic first aid and survival equipment, <u>and knowing how to use them</u>, will help keep a situation from becoming an emergency. • Keep the pack small enough that you would carry it whenever recreating outdoors. Hunting, ATV, Snowmobile, Hiking, Camping...etc. <p>D=DEMONSTRATE: Show Pack and basic items</p> <ol style="list-style-type: none"> 1. Pack: Medium Sized Fanny Pack 2. First Aid: Compact kit with band aids, bandage, tape, antiseptic wipes <ol style="list-style-type: none"> a. Show Contents and explain basic usage 3. Water & Food: bottle(s), canteen, filter bottle, trail mix 4. Fire: Metal Match, Lighter, Matches and type of tinder <ol style="list-style-type: none"> a. Tinder = Magnesium, Alcohol wipes, Vaseline soaked cotton balls 5. Shelter: Space Blanket, Poncho, 1/8" cord, duct tape, cable ties 6. Personal Comfort: Toilet Paper, Wipes, Insect Repellent, Sun Block 7. Signal: Sonic Whistle, Mini Flashlight, Metal Mirror 8. Tools: Knife, Multi-Tool 9. Communication: Cell Phone, 2 way radios 10. Navigation: Compass(s), GPS, map <p>Survival/First Aid Handbook: Compact size</p>	<p>Other sources</p> <p>Other food?</p> <p>Other tinder?</p>

DISCUSSION ITEMS:

- There are many more first aid and survival items available.
 - Don't get overly supplied with every gadget
- Important to keep pack and items limited so can easily carry all the time.
 - Too large/heavy of a pack will discourage usage.
- Proper preparation & equipment can limit panic.
 - A key factor in survival situations.
 - "Survival" video shows how panic becomes a major survival factor.
- Proper preparation can keep bad situations from becoming an emergency.
- Importance of letting others know your plans, location and return time.
 - Another key factor in survival situations.
- Remind students to take these courses when available.
- Ask students if they have had experiences with using first aid/survival skills.
- **MOST IMPORTANT** is to always carry this first aid & survival pack whenever recreating in semi remote areas.

"Survival"
DVD

TEACHING THIS CHAPTER:

After covering the above portion of this lesson plan:

- Use Course Agenda and this lesson plan to help guide what to teach.
- **BRIEFLY** go through the material in the student manual.
- Cover the material that is on the exam.
- Remember First Aid, CPR and Survival Skills take quite a bit of time and training to become proficient. There is not time for this level of training in the DNR Safety Programs.

C = CONGRATULATE: The students for their attention and participation.

FIRST AID/SURVIVAL PACK CONTENTS

Allen Nomad 3 Pocket Fanny Pack Compass Knife

First Aid, Survival and CPR Home and Field Pocket Guide

Adventure Medical Kit Frontier Water Filter System Water Bottle

Magnesium Fire Starter LED Mini Flashlight 25' Cord Cable Ties

Survival Whistle/Match Box/Compass Combo Survival Blanket

Rain Poncho 10' Duct Tape Insect Repellent Stick Wet Wipes