

Emergency Self-Aid / Buddy-Aid for Trauma Injuries Course

Course # ESTI.0900.5 (Meets Arizona POST training standards)

This is a DUAL certificate training course. Students that successfully complete this course will receive our 8-hour training certificate and a second training certificate for completing the national Stop the Bleed training standards.

This 1-day training course focuses on providing the student with the skills and knowledge to mentally and physically survive a traumatic injury.

Every day, people engage in daily activities that expose them to risk of being injured. Simple things such as traveling in a vehicle, hiking, biking or just being in the wrong place at the wrong time can potentially lead to situations where people are injured.

The threat of being injured in a traffic crash or becoming the victim of violent crime lingers and lurks around us every day we leave our homes to do the things we do in everyday life.

In dealing with situations of this nature, people are exposed to various types of serious traumatic injuries such as lacerations and blunt trauma to more serious injuries such as gunshot wounds.

Emergency medical services may not always be readily available or may not have timely access to you when you are injured. Being able to identify various types of injuries and knowing how to administer emergency self-aid may keep you alive until you can receive advanced medical care.

Using techniques designed for and proven by the U.S. military, this course introduces the student to pre-incident planning, preparation, and provision of basic, effective, initial medical care for immediate personal application and emergency wound care for others.

Knowing how to identify a serious injury and taking action within the first few minutes of being injured are critical. Ultimately, surviving a serious injury before help arrives may be up to you!

The following topics will be covered:

- Mental conditioning and survival mindset.
- Medical pre-planning.
- Individual and team applications.
- Legal issues and considerations.
- Equipment selection and purchase.
- Basic anatomy and physiology.
- Medication consumption awareness.
- Bee stings and allergic reactions.
- Hypothermia.
- Heat stroke and UV exposure awareness.
- Hydration related issues.
- Mechanisms of injury.
- Ballistics and gunshot injuries.
- Pathophysiology of penetrating trauma wounds.
- Pathophysiology of blunt trauma injuries.
- Tactical Emergency Casualty Care overview. (TECC)
- Wound assessment - primary, secondary and ongoing.
- Basic airway management techniques.

- Transport considerations - Casevac vs. Medivac
- Proper application of pressure dressings - Olaes and Israeli Bandage Dressings (IBD).
- Proper application of tourniquets - CAT, SWAT-T, SOF-T.
- Hemostatic dressings and wound packing.
- Chest seals and treatment of pneumothorax.
- Emergency medical communications.
- Developing first aid kits for your training site.
- Developing personal carry first aid kits.
- Skill-set evaluation scenarios at the end of class.

Course tuition: \$150.00 (Course only) or \$ 245.00 with student issued IFAK included

Individual First Aid Kit (IFAK) includes:

- CAT Tourniquet
- HyFin Vent Chest Seal kit for entry and exit wounds.
- 4" Israeli Battle Dressing (IBD)
- H&H compressed wound packing gauze.
- 2" roll of heavy duty medical tape.
- Plano re-sealable waterproof plastic bag.
- (2) pair of medical rubber gloves.
- All primary IFAK components are NSN registered parts.
- \$ 100.00 kit retail value!

Course student limit: 25

Course date: Thursday, October 17, 2024

Course duration: 1 day (8 hours)

Course times: 0830 to 1700

Location: Casas Church – Conducted in an indoor classroom
10801 N. La Cholla Blvd. Tucson, AZ. 85742

Student requirements: Comfortable clothing suitable for interactive hands-on training.

For more information about this class and how to register, contact:

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