Training Log

Medic\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_ Location\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client/s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Topic\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Key Points Addressed:

Attendees: (names or copy of sign in sheet)

Topics for the SFM Medic to review with workers during tailgate meetings.

**Spine Board**

* Explain why you would immobilize a patient. E.g. mechanism of injury, signs/symptoms, how spinal fractures may be present even with the absence of pain or no loss of mobility
* Explain how immobilization requires 3 or 4 people to do it effectively
* Explain that you may require someone to maintain C-Spine while you prepare the collar and spine board
* The person on the head will tell the patient to answer yes/no questions, do not nod or shake their head
* Explain how you may need someone to assist with putting on the collar because of the patient’s body position and the heavy clothing
* Explain how the person at the head will be giving the signal to move or roll the patient
* Explain how to coordinate the move is on 3 or the 1,2,3 move
* Explain how you will strap down the patient body before strapping the head and how to deal with a person that is strapped in and vomiting
* Explain how the assistants will lift with their legs on the signal from the person at the head
* Explain the use of blankets for padding

**AED**

* Explain how a patient in cardiac distress and the use of an AED requires 2 or 3 people
* How you will assign someone to do compressions and bagging while you are preparing the AED
* How you will switch people out that have been doing compressions and bagging
* Explain what heart rhythms the AED is looking for before it will give a shock
* Explain the why you need to stay clear when analyzing or shocking
* Explain how the pads are attached
* Explain why body hair and moisture will affect the pads

**Environmental**

* Frost bite: what signs and symptoms to look for
* Heat distress: the difference between heat stroke and heat exhaustion
* Cold: the stages of hypothermia
* Dehydration, electrolyte imbalance

**Blood Pressure**

* Explain the systolic and diastolic pressure
* Explain what is considered normal
* Explain White Coat Hypertension

**Trauma Injuries**

* Explain the different types of injuries that a person could suffer on the job site
* What to look for
* How to deal with bleeding until EMS arrives
* How to prioritize injuries, triage

**Medical Conditions, Signs/Symptoms**

* Stroke
* Diabetic emergency
* Anaphylaxis, bee sting, food allergy

**Capabilities and Limitations of the Unit and your level of care.**

* Explain when you might transport
* When you would give O2
* What to expect when EMS arrives and the time that they may take assessing/treating before they go to the hospital
* Explain how local Fire/Rescue may be dispatched for medical aid
  + EMS is delayed
  + Multiple patients
  + Rescue from suspension or entrapment
  + EMS’s protocol is to request Fire/Rescue on certain types of medical such as cardiac patient

**STARs**

* Explain the process of when and who can call the STARs Emergency Link Centre
  + Normally EMS or the Hospital will call STARs
  + Fire/Rescue can also call STARs
  + Anyone can call STARs @#4567 on a cell
  + Always call 911 first
* Explain the prehospital index that you would provide them with. This will determine if they will launch
* Explain how a work site is registered with STARS
* Explain how local Fire/Rescue would be contacted to set up the LZ and coordinate the landing
* Flight time to Hardisty from YEG is approximately 45 minutes plus 15-30 minutes is required to prepare to launch