

# 2022 KEYSTONE CHALLENGE



## FIRST AID

The First Aid portion of the Keystone Challenge will test squad members on their basic first aid, knowledge, skills, and abilities. Squad members will be expected to both show practical usage of techniques, as well as describe treatments for several the medical issues listed below. The Keystone Challenge Judge for the First Aid portion may select a total of six (two for each squad member) techniques and/or medical issues, from the lists below, to test the squad members on any day the day of competition. The testing will happen throughout the event and will be spontaneous and practical. Squad members are expected to know how to treat the various medical issues, on the spot. This is emergency first aid...so be prepared for anything!

### **Number of Squad Members Tested: 3**

All "Medical" Squad members must wear a blue arm band around their right arm, above Squad Patch.

Members from each squad may be tested on the following, throughout the weekend event:

### **1. Techniques**

- a. Triangular bandages
- b. Blood pressure cuffs
- c. Commercial Tourniquets (NAR-CAT 6/7, SAM, SOF-T/W)
- d. Wound Packing
- e. Splinting
- f. Airway Positioning
- g. CPR
- h. Bandaging
- i. Chest Seals
- j. Pelvic Binding

### **2. Medical Issues**

- a. Trench foot
- b. Frostbite
- c. Hypothermia Prevention
- d. Hypothermia
- e. Heat Stroke
- f. Heat Exhaustion
- g. Dehydration
- h. Snake bite
- i. Fractures (simple & compound)
- j. Pelvic Fracture
- k. Burns
- l. Bleeding (Minor and Major)
- m. Shock
- n. Respiratory Arrest
- o. Diabetic emergency (Hypo and Hyperglycemia)
- p. Sudden headache
- q. Allergic reaction
- r. Gunshot wound

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- s. Impaled Objects
- t. Eye Injuries
- u. Sudden hearing loss

Updated January 25<sup>th</sup>, 2022

The Keystone Challenge

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