Rescue Basics Study Guide-

Three Stress Responses:

* **Immediate**
* **Delayed**
* **Cumulative**

Dress in:

* **Tight, water-wicking base layer**
* **Insulating mid layer**
* **Tough, wind and water repellent outer layer**

Diseases can be spread via:

* **Airborne transmission**
* **Ingestion**
* **Indirect contact**
* **Direct contact**
* **Vector-borne transmission**

**Standard precautions** assume each patient is potentially infectious. **Body Substance Isolation** measures are steps we take to limit contact with bodily fluids, and we use **Personal Protective Equipment** to ensure that we accomplish this goal.

**Hazardous Materials** are any materials that cause harm to life. If you encounter a hazmat incident, **stay uphill, upwind,** and call 911.

On a **crime scene**, patient care is a priority, However, **preserve evidence as best you can.**

When approaching a scene, ensure **scene safety.** Your priority at a scene is your own safety!