**OEC Chapter 3: Rescue Basics**

**Overview:** This chapter contains basic information about rescue settings and, primarily, how to keep oneself safe when responding to an accident. This chapter seeks to provide essential information regarding preparation and adaptation skills for when one is working in a potentially hazardous environment. In addition to environmental dangers, contagious disease prevention, hazardous materials management, and crime scene navigation are also covered.

**Major points:**

* OEC technicians need basic understanding of how to dress for the environment in which they work. This could be either warm or cold environments. For our purposes, this means proper layering for cold weather (base, mid, & outer layers), use of helmets, skin & eye protection, helmets, and other gear ie. hip pack and respective equipment. (hip packs to be addressed at a later date).
* General health is required of OEC technicians to ensure proper assistance and care. This includes mental preparedness, physical fitness, good sleep, healthy nutritional & hydration habits.
  + **\*Note:** It is important to be mentally prepared and be able to manage stress when dealing with potentially gruesome rescue scenarios.
* Outside of personal preparedness, OEC technicians must be responsible for keeping themselves safe when in their work environment.
  + \***Key concept:** *Scene safety*-the process of identifying any hazards or possible hazards that could harm you or others and mitigating them prior to attending the patient. It is imperative that rescuers do not become injured in the process of providing treatment because this would further complicate rescue scenarios.
* Understanding the modes of disease transmission is necessary to avoid contraction and maintain patroller health and safety. There are 5 means of disease transmission
  + Direct contact
  + Indirect contact
  + Airborne transmission
  + Ingestion
  + Vector-born
* Use of Standard/Universal precautions, Body Substance Isolation, and Personal Protective Equipment are mandatory best-practices for OEC technicians treating patients.
  + OEC PPE consists primarily of gloves, goggles, hand washing.
  + Treat every patient as potentially infectious.
* In the case of a Hazmat situation, your role as an OEC technician is to recognize any materials that may be hazardous and ensure you and anyone else are aware and stay away. 250ft is recommended for Hazmat situations, 500ft if you are downwind.
* OEC technicians may occasionally confront a crime scene. In this situation, technicians should take care to preserve the integrity of the crime scene except to provide critical care to patients.
  + Paper trails and utilizing a “chain of command” help avoid the mishandling of evidence.

**Must Study**:

* Figure 3-1: know the environmental conditions that create unpredictable work environments for OEC technicians.
* Figure 3-3 know the definitions and examples of the three layers
* Key Point on Pg 49: know the primary modes of infection for OEC technicians and how to mitigate risks related to disease contraction.
* Table 3-4: don’t need to know everybody substance, just understand them and which ones OEC technicians might encounter most frequently.
* OEC Skill 3-1: know how to put on and remove PPE, such as rubber gloves, properly as if they are contaminated.
* Key Vocab on Pg 53: know the differences between Standard Precautions, Body Substance Isolation, and Personal Protective Equipment.
* Figure 3-20: Know how to behave and manage oneself as an OEC technician in a crime scene.

**Recommended Chapter Questions:**

2, 4, 5, 7

**Key terms:** *Body Substance Isolation (BSI), contamination, decontamination, disease transmission, hazardous materials, metabolism, nutrition, occupational exposure, pathogen, Personal Protective Equipment (PPE), safety data sheet, standard precautions, ultraviolet radiation.*