Survival Aid Memoir

Survival Rule of 3's

Generally speaking, a person of average health, may only last for:

- 3 minutes without air.
- 3 hours without shelter.
- 3 days without water.
- 3 weeks without food.
- 3 months without hope.

If you find yourself in a survival situation then put in place the A – E of survival as soon as it's safe to do so.

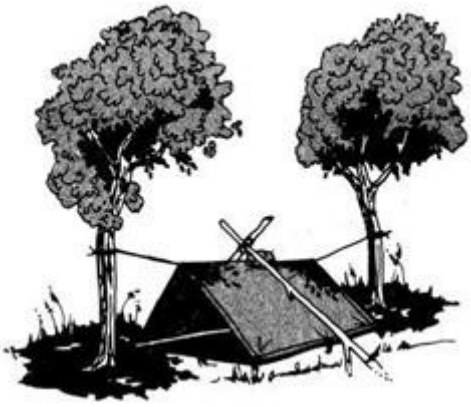
A – E of Survival

A - Accept the situation.
B - Brew up.
C - Consider all possibilities.
D - Decide on a plan.
E - Execute your plan.

A – Accept the situation, you need to accept that you are in trouble! Apathy kills!
B – Brew up, this gives you a touch of normality, boosts morale, gives you a fire of some description, which in turn offers you warmth, security and a means to signal your whereabouts.
C – Consider all possibilities, are you likely to be seen where you are? Are you likely to be found? Is your immediate location safe? Does it offer shelter? Are you fit to move?
D – Decide on a plan. What are your priorities? Check what kit is available to you. Think about leaving signs if it's safe to move on.
E – Execute your plan.

Shelter

Shelter offers protection from the elements and security.



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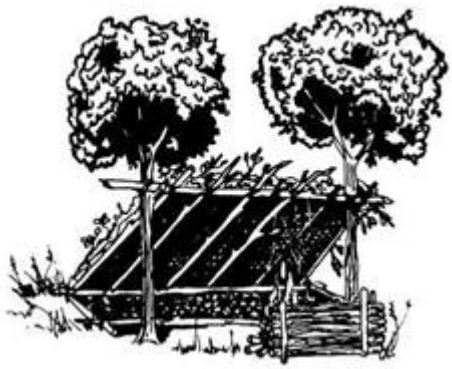


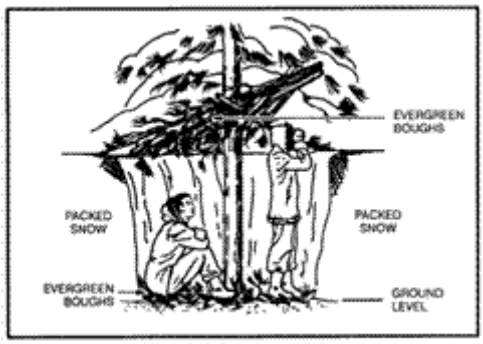
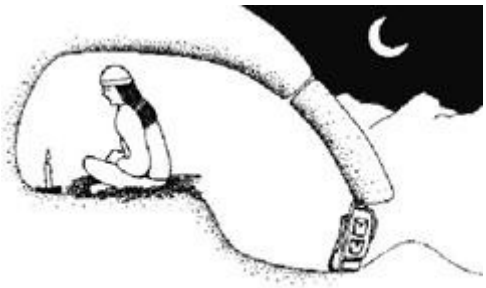


Figure 5-12. Tree-pit snow shelter.



Fire

- Magnifying glass or reading glasses, used to concentrate the suns rays onto flammable materials.
- Lighter, even if empty of fuel they usually still produce a spark when operated.
- Matches.
- Flint & Steel, both “man made” and naturally found materials.
- Thin wire and battery, short circuit the mobile phone battery etc with a thin piece of wire, the wire will glow. Be careful not to burn yourself or leave the wire in place too long otherwise the battery may explode.

Fire can also be produced by chemical reaction using potassium permanganate mixed with antifreeze from a car radiator or glycerine. Potassium permanganate used to be found in first aid kits and was utilised as a mild antiseptic. Adding a few drops of antifreeze or glycerine to potassium permanganate will cause the mixture to instantaneously burst into flames.

Water (Never drink sea water!)

Filter water through a clean(ish) cloth. Then allow it to settle for at least 30 minutes and pour off the clear water for purifying. This process of filtering and settling is especially important if you're going to be using chemical purification because disinfectants are less effective in cloudy, murky, or coloured water.

Boiling kills most types of disease causing organisms and is the most recommended purification technique. Boil the water for 1 full minute, then let it cool. Make sure it's a full, rolling boil (this is large bubbles). If you are more than one mile above sea level, boil 3 minutes longer.

Potassium Permanganate can be used to disinfect water. The water should be coloured slightly pink, 3 or 4 crystals in a litre of water. Let the solution stand for at least 30 minutes.

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Signalling

Distress Whistle & torch:

Give 6 blasts/flashes in one minute followed by a minute's pause. The search party reply will be 3 blasts/flashes. But don't stop blowing/flashing until they find you.

If it is night time and you hear overhead aircraft shine your torch in a circular motion whilst it is aimed at the ground. This is much more likely to gain you attention than if you shine your torch directly at the craft.

If you have access to a glow stick and cord then tie the cord to the activated glow stick and swing it around your head. This creates a large glowing circle above you that is easily seen.

International Distress Signals:

- Hand held flare or rocket parachute flare showing a Red light or Red Stars thrown by rocket, one at a time at short intervals.
- Slowly & repeatedly raising & lowering outstretched arms.
- Orange smoke from a smoke signal.
- Continuous sounding of any fog signalling apparatus.
- Gun or Explosive signal fired at intervals of one minute.
- Square flag with a ball or round object above or below it..
- Flames on a vessel (e.g. burning oil in a barrel).
- Three fires set about 6 feet apart are recognised as a distress signal.
- SOS - Morse signal by radio or torch (... --- ...)

Number	Message	Code symbol
1	Require assistance.	V
2	Require medical assistance.	X
3	No or negative.	N
4	Yes or affirmative.	Y
5	Proceed in this direction.	↑

Figure 19-6. Ground-to-air emergency code (pattern signals).

Navigation (without compass)

Moss grows predominately on the North Facing side of a tree

Finding direction by using your watch...
If you have a watch that is working correctly, you can always quickly determine the points of the compass as long as the position of the sun is visible.
The method used varies depending upon which hemisphere (northern or southern) that you happen to be living in. The following methods are described using an analogue watch, (that's a watch with an hour and a minute hand) but they can be applied just as well if you own a digital watch – just use your imagination to superimpose the 12 hourly numerals and the relevant position of the 'hour hand' on the face of your digital watch.

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Northern Hemisphere
Holding your watch horizontally, point the ‘hour hand’ of your watch at the sun.
Note the direction that lies exactly midway between the ‘hour hand’ and the numeral twelve on your watch. This will be South.
Once you have established this, it will be easy to determine the other points of the compass.

Southern Hemisphere
Holding your watch horizontally, point the numeral twelve on your watch at the sun.
Note the direction that lies exactly midway between the twelve and the ‘hour hand’.
This will be North.

These methods will give you a good approximation of compass direction.
If your watch happens to be adjusted for daylight saving at the time, then you can ‘remove’ the daylight saving for greater accuracy.

Another method of determining compass points can be used if you do not have a watch. This method takes longer and also requires enough sunlight to cast a shadow...

To find North without a watch
Before noon, on level terrain, position a stick of about 3ft upright into the ground.
Mark the tip of its shadow with a peg or stone.
Using the tip of the shadow as a radius, draw an arc around the stick.
The shadow will shorten as it approaches noon, pulling back from the arc. It will then lengthen again - where the afternoon shadow once again touches the arc, place another peg or stone.
Now draw a straight line between the two pegs/stones - this will be an East/West line, with the first peg being in the westerly direction.
You can now draw a North/South line at right angles to the East/West line.

The following (less accurate) method can also be used at any time of the day without drawing an arc...
Peg the tip of the first shadow, then about 30min later peg the tip of the moved shadow. Draw a straight line between the two pegs, and this will be an approximately East/West line, with the first peg again being the westerly one.
(The longer the period left between pegging the tips of the shadow, the more accurate the reading.)

A typical error when lost is a tendency to wander off what you may think is a straight line bearing, sometimes even slowly circling back on yourself.
To prevent this, note an object (tree, rock, terrain feature) that lies directly ahead of you in the direction you wish to travel, then aim for it. When you reach it, take another bearing on the direction you wish to head, sight another object directly ahead of you and repeat the process.
In areas of restricted distance visibility, you may have to repeat this quite often over short ‘legs’ to ensure that you are remaining on course.

Keeping a course by the clouds...
What if it's a cloudy day with no sun visible to get a bearing on, or the bush canopy prevents you getting a clear "shot" at the sun?
Well, if you're lucky, it may be windy with the clouds moving in a constant direction - note the directional flow of the clouds, and adjust your course relevant to their direction.
e.g., If the clouds are moving from your front from right to left over your shoulders, keep them there, at the same time, sight an object straight ahead of you and head for it.
To retrace your steps in the same general direction, just do an about turn, then keep the clouds moving from behind and now left to right over your shoulders, and repeat the process.
Being aware of your surroundings will often pay off, so try to cultivate that habit.

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First Aid

Priority Action Plan

Remember *SRABCS*

Safety – Yourself, bystanders' and patients.
Response – Does the patient respond to voice and touch? Call 999 and ask for ambulance (if required).
Airway – Open and Clear.
Breathing – Look, listen and feel for breathing for up to 10 seconds.
Circulation – Signs of life: breathing, coughing and movement.
Severe bleeding – Check for life threatening bleeding.

CPR (Cardio-Pulmonary Resuscitation)

Give **30 chest compressions**

- Place heel of your hand in the centre of the chest.
- Place other hand on top and interlock fingers.
- Keeping your arms straight and your fingers off the chest, press down by 4-5cms. then release the pressure, keeping your hands in place.
- Repeat the compressions 30 times, at a rate of 100 per minute.

Give **2 rescue breaths**.

- Ensure the airway is open.
- Pinch nose firmly closed.
- Take a deep breath and seal your lips around the casualty's mouth.
- Blow into the mouth until the chest rises.
- Remove your mouth and allow the chest to fall.
- Repeat once more.

Continue resuscitation, 30 compressions to 2 Rescue Breaths.

Do not stop unless:

- Emergency help arrives and takes over.
- The casualty breathes normally or
- You become so exhausted that you cannot carry on.

NOTES:

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