

Protecting and restoring biodiversity soil protection and restoration and promoting ecosystem services including NATURA 2000 and green infrastructures

Thematic cycle 4 «Equipment, Emergency Preparedness and Response»





Equipment, Emergency Preparedness and Response

1. Generally

The high density of settlements and road networks in the Greek countryside, the ability of using four-wheel drive vehicle and mobile phones and the relatively gentle topography of most hunting areas create a sense of security to Greek hunters resulting in them not paying much attention to the equipment when they go for hunting. However, acquiring basic knowledge of dealing with difficult conditions becomes necessary.

Previously hunting was done in areas near the living areas. Today, the increase in average income and leisure time as well as access to distant regions lead hunters to unknown and often unpredictable and difficult situations.

2. Necessary emergency equipment

- · First aid kit
- GPS
- Knife or pocket knife (always essential)
- Water
- Flashlight
- Appropriate batteries
- Compass
- Rope (always essential)
- Fold-up shovel
- Survival blanket (always essential)
- Dry fruits, chocolates or other high energy food source which does not go bad easily
- Spare tire in the car (recently checked)
- Anti-skid chains (in winter)
- Waterproof matches or windproof lighter (always essential)

- Flammable substance for kindling (torch, paper etc.)
- Additional and replacement clothing (adequate for the season)
- Cell phone (always essential)
- Replacement battery
- Car charger (for cell phone)
- Knowledge of handling all of the above

3. Pharmacy - First aid kit

Each hunter should keep a First aid kit in his car containing the following:

Tools

- Scissors Needle Sharp knife Disposable gloves
- Tweezers Thermometer Safety pins

Antiseptics

- Pure alcohol - Betadine - Hydrogen peroxide

Medical dressing

- Cotton Elastic bandages Gauzes Vaseline gauzes
- Band-Aid Hansaplast

Creams

- Cortisone cream (always essential)
- Antihistamine cream (always essential)

Eyewash preparations

- Eye drops with antiseptic

Pills

- Painkillers (always essential) Antipyretic Antacids (for stomach ailments)
- For diarrhea

Attention: Check regularly for expired medication.

Useful telephone numbers:

166: EMS

112: Europe-wide emergency number (works everywhere and even if out of network)

4. Practical tips for successful camping

Whether planned or forced, camping is a possibility any hunter might face. Some general guidelines for successful camping in the countryside are:

- Before camping we check if the equipment we are going to use is well maintained.
- The tent and sleeping bag must be suitable for the prevailing weather conditions.
- We ensure the required lifetime of our flashlights or other light sources we are going to use by having the appropriate supplies (oil, batteries etc).
- We clean and straighten the place where we are going to set up our tent in order to avoid damaging the tent and also in order to have a more restful sleep.
- We stabilize the tent with pins and cords even if we think it is not necessary.
- In order to avoid water entering the tent in case of rain we dig a 5 cm deep ditch around the tent (at a 10 15 cm long distance).
- In order to light a fire kindling is needed. If kindling is not available look for dry dead wood (cedar wood is ideal). With a knife or axe we cut from the inside small and pointed parts, we place them as a pyramid on the ground and the flame underneath.
- When lighting a fire we put stones around it to achieve better performance and in order to prevent it from spreading uncontrollably.
- We should never let the fire go out on its own. Before we fall asleep or leave the camp, we put the fire out with soil, stones or water and remove flammable materials to avoid rekindling.
- The smell of garbage attracts animals. Place the garbage in bags and hang it on a high branch and away from the tent.

We do not leave garbage behind when we leave.

- We always use metal cookware (plates, forks, cups etc).
- Know in advance whether there is water near the camp and whether it is drinkable. Otherwise we only use the water for washing.
- If we camp for many days away from sources of supply or from the car we have to consider the minimum amount of water we are going to require.
- We estimate the required amount of food and take a little bit more. Food should be of high nutritional value, not degrade easily and not have much weight. If there is drinking water pasta is a good suggestion. Also nuts, dried fruits and chocolates especially when camping in winter.
- Before camping we should be informed about the weather conditions in order to be suitably prepared.
- We carefully clean the tent and allow it to dry thoroughly before storing.





In case we camp without proper equipment:

- Choose the most protected spot (not under trees if lightning strikes, not under rocks if the substrate is loose)
- Collect wood for the construction of a makeshift shelter.
- If we do not have ropes we use long pieces of grass to tie the poles.
- We use a survival blanket or branches (preferably conifers) as an awning.
- Gather dry wood (if it is possible).
- Create kindling from the inner part from wood which might still be dry.
- Create a fire pit surrounded by stones in front of the makeshift shelter and light a fire.
- If the ground is wet remove the soil until finding dry soil and then sit or lie down.
- Wait for the weather conditions to improve (in case of rain, heavy snowfall or fog) or to dawn (in case it is getting dark).
- While waiting we make sure not to wear wet clothes and try to maintain our body temperature.
- Alcohol consumption helps temporarily but makes the condition worse as time passes.

5. First aid for hunters by Dimitris Syrris

First aid is the immediate assistance given to someone who is hurt or suddenly becomes ill until professional medical help is available or the patient is transferred to a medical center. This is why first aid should be simple and not excessive.

Basic instructions

- 1) Keep the victim lying down with his head at the level of the body.
- 2) Check for severe bleedings, stoppage of breathing, poisoning, shock, wounds, burns, fractures, strains and dislocations. In general try to find all visible injuries.
- 3) Remember that: Stoppage of breathing, severe bleeding and poisoning are treated directly in the above order.
- 4) Keep the injured person warm.
- 5) Seek immediately medical care.
- 6) Stay calm. Do not move the injured person if it is not necessary.
- 7) Never give liquids to a person that is unconscious or has a stomach or low chest injury.

5.1 Artificial respiration

Artificial respiration is essential when a person does not breathe. If the person does not breathe his brain becomes dead after 3 to 5 minutes and finally death occurs. That is why artificial respiration should be done within the first 3 minutes a person has stopped breathing. Perform the following steps:

5.1.1 Face-down

- Have the victim laying face-down and remove any clothes from the waist up.
- Put a cloth or something soft under his forehead in order to slightly elevate his head.
- Kneel and bend over the victim and with the palms open press at the top of the spine (just below the neck) keeping a steady rhythm once pressing and once lifting your hands following the rhythm of your breathing. These movements have to be repeated until the breathing of the victim stabilizes.

5.1.2 Face-up

- Have the victim laying face-up on his back and remove any clothes from the waist up.
- Put a cloth or something soft under his neck at the end of the spine so that his head will slightly drop.
- Kneel and bend over the victim and with the palms open press the chest keeping a steady rhythm once pressing and once lifting your hands while counting one, two, three, four. At one, two you press the chest, while at three, four, lift your hands. These movements have to be repeated until the breathing of the victim stabilizes.

5.1.3 Mouth-to-Mouth Method

- Have the victim laying face-up on his back and remove any clothes, at least, from the waist up.
- Place a cloth or whatever soft available under his neck at the end of his spine so that his head will slightly drop.
- Keep his head, open his mouth and after making sure that his tongue does not block the air passage, pinch his nostrils closed with your fingers, take a deep breath and blow into his mouth vigorously. Then take your mouth away to allow him to breathe out passively. Repeat the procedure until the person starts breathing himself or until the doctor arrives.

5.2 Bleeding

If a limb (arm or leg) is bleeding put a gauze or a clean cloth over the wound, press the pad firmly and bind tightly a bandage directly over the wound while keeping the limb elevated. Be careful that the limb does not turn blue. If it turns blue then loosen the tie. If the wound is on the chest or back use a clean cloth and press directly over the wound towards the heart. This way we try to stop blood flow. When the bleeding stops the blood will clot and a scab will form which must not be picked at or washed. For faster blood clotting, place ice or cold water around the wound. If the blood colour is bright red it means that an artery has been cut and the treatment has to be immediate. If the blood is dark red and the bleeding is limited it means that a vein has been injured.

5.3 Shock

The victim of any kind of accident or medical emergency will often suffer shock in addition to his injuries. Shock may occur immediately or it may happen several hours after an accident. Treatment should begin immediately without waiting for symptoms to occur. A person in shock is pale, perspiring and feels faint. His pulse will be rapid and weak and his skin will feel cold and damp.

Treatment: Keep the victim lying down, calm and warm. Cover him with a blanket or any other cloth in order to maintain his body temperature. Keep him lying with his legs slightly elevated. If he is conscious he may be given small amounts of liquid. Water, warm tea, coffee and milk can be given. If the person is unconscious or has a wound in the stomach or lower chest do not give him anything to drink.

5.4 Wounds

- 1) Check to make sure the victim is breathing.
- 2) Look in detail and locate all major wounds.
- 3) Try to stop any bleeding.
- 4) Check for lumps on the head.
- 5) If the victim is conscious, ask him where it hurts and what happened.
- 6) See if he can raise his head and move his neck. If not, ensure that he lies in a horizontal position and do not move him.
- 7) Check for spinal injuries by running your hand firmly down his back to detect tenderness or pain.
- 8) If his head, neck and spine are okay check his arms and legs.
- 9) If conscious, have the victim take a deep breath and cough to determine whether he has chest injuries.
- 10) Check for internal injuries by asking him to pull in his stomach and let it out again.

5.5 Sprains

Sprains are injuries to ligaments and muscles and the blood vessels around a joint. Sprains cause pain and swelling.

Rest the injured part on a pillow or a blanket roll. Keeping the injured part raised will

help to reduce swelling and pain. Immobilize the injured part with anything available, even by using newspapers or magazines rolled tightly making firm splints. Apply a cold compress or ice to the sprain in order to reduce the swelling.

5.6 Fractures – Dislocations

In both cases the symptoms are often similar and for this reason first aid is the same. We immobilize the injured body part and try to prevent greater damage during patient transportation.

5.7 Back and neck injuries

Great care must be taken when moving an injured person with a suspected back or neck injury. Use a stretcher or a big board. Be careful not to move the neck or back. The person has to stay still during his transport to the medical practice or hospital. Immobilize his head and neck by placing a support under the neck and padding around the head and neck to prevent motion. All the fractures e.g. arm, elbow, wrist, ankle, hip fractures etc. should be treated with great attention and kept in position in which they are broken. The injured person should be transferred to the medical practice or hospital as soon as possible.

5.8 Jaw fracture

Wrap a bandage loosely under the chin, and over the top of the head. This will keep the lower jaw from dropping.

5.9 Fractured ribs

A fractured rib can be dangerous because the broken bone could puncture the lung or some other internal organ. The victim should be moved carefully lying on his back with his head and chest slightly raised.

5.10 Concussion

Concussion is the swelling of brain tissue following a severe blow to the head. A person with a head injury should be kept still and encouraged to rest quietly. He may have a headache and stiff neck accompanied by vomiting and he may not be able to think clearly. The pupils of the eyes may be different in size. Immediate medical attention is essential if the victim is bleeding from the ears or mouth or if there is a clear, watery fluid coming from the nose or ears. Keep the injured person at rest and give first aid for shock.

5.11 Burns

Even a small burn is very likely to be infected without treatment. If someone has a severe burn, you need to relieve the pain, prevent infection and treat for shock which is the greatest danger after a severe burn. Do not try to clean a burn or strip away any clothing that is sticking to the burn. If cold water is available immerse the burned area in it. This will relieve pain. If a blister forms, do not break the blister. Cover the burn with a clean dressing if available. If not, leave the burn uncovered. Do not use iodine or any other antiseptic on a burn except for burn ointment. Forest rangers, hunting guards, hunter volunteers or any other people who are involved in putting out a fire might breathe in smoke. In this case he should be taken to hospital as quickly as possible.

5.12 Animal bites

If you are bitten by an animal clean and wash the wound well with soap and water to avoid infection. Applying a mild antiseptic (Bentadin liquid) will help prevent infections. Use firm pressure with a clean cloth or gauze to stop bleeding. Visit a physician as soon as possible.

5.13 Snake bites

In Greece, with the exception of adder (there are 4 species in Greece) there are no other snakes that can cause significant damage to humans. If the snake that has bitten you is venomous (poisonous) at the point of the bite you will find two very small deep marks corresponding to the two teeth of the snake. If the snake has no poison then at the point of the bite there is a sign of a series of small spots corresponding to the snake teeth (without the presence of two deep marks). In case of a bite by a venomous snake tie a scarf between the wound and the heart so that the blood circulates and rinse with plenty of cold water. Immediate transport to a medical center is required. The injured person should be kept calm during transport. In case of a bite by a snake that is not venomous careful cleaning with cold water and application of an antiseptic is required. Visiting a doctor is essential.

5.14 Parasites and insect bites

During a hunting outing it is possible that ticks burrow into the skin. Usually it is found a few days after the bite by chance or because of intense itching. Pulling them off often leaves their heads beneath the skin, later causing infection. Dabbing ticks with oil, Vaseline, or gasoline will make them let go.

A spider bite can cause redness and swelling. Symptoms can be eliminated with cold compresses. Bee or wasp stings are particularly annoying and often dangerous. Cold compresses help reduce swelling. If there is a known allergy, use some antihistamine or cortisone ointment and seek medical attention immediately.









"Certified Environmental Actors - CEA"

The Project Partners are:

- The Hunting Federation of Macedonia Thrace
- The Hunting Association of K. Neurokopi "ARTEMIS"
- The municipality of K. Neurokopi
- The Association "EURORADAR" of Bulgaria
- Association of Hunters and Fishermen "Sokol" of Bulgaria



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