

## EMERGENCY: PRIORITIES

Always keep in mind your primary responsibilities as a Visit Leader:

1. Keep your group safe.
2. Prevent the situation getting worse.
3. Promote recovery and safe return.

It's also **important** that you:

- do not discuss fault or liability
- get witness details
- take photographs
- do not disturb

**KEEP A RECORD**  
who, what, when, where, how

## WHO TO INFORM

Call your Emergency Contact if any of the following apply:

- You need support
- The emergency is serious
- The emergency is ongoing

Tell your emergency contact:

## FIRST AID

**REMEMBER:** The aims of First Aid are to:

1. Preserve life:
  - Casualties need to be able to breathe
  - Unconscious put them into a safe position
  - Try to find and stop any serious bleeding
2. Prevent the condition worsening
  - Protect the casualty from the weather
  - Monitor their condition
  - Monitor their comfort
3. Promote recovery
  - Talk to the casualty
  - Reassure them

See National First Aid

## EDUCATIONAL VISITS EMERGENCY GUIDE



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# **Military Pocket Training Guide**

**G. P. A. Phillips**



## **Military Pocket Training Guide:**

**The Official US Army Pocket Physical Training Guide** U. S. Army,2017-11-05 MILITARY GRADE FITNESS Created by the staff of the U S Army Physical Fitness School USAPFS this Pocket Physical Training Guide is designed for individuals preparing for the physical demands of Initial Military Training IMT but is a valuable resource for anyone wishing to improve their fitness to military standards Containing a full training program including tables to record your progress as well as information on exercise safety and nutrition this unique no nonsense handbook has been proven time and again to get results turning citizens with an average fitness level into excellent Soldier material SUPERCHARGE PHYSICAL AND MENTAL HEALTH AND WELL BEING Current version complete and unabridged Pocket travel edition take it anywhere have it when you need it Life changing workout program suitable for any environment without expensive equipment Created trusted by the U S Army s experts Contains SAFETY CONSIDERATIONS INJURY CONTROL SHOES CLOTHING ENVIRONMENTAL CONDITIONS SIGNS AND SYMPTOMS OF HEAT INJURIES SIGNS AND SYMPTOMS OF COLD WEATHER INJURIES HYDRATION NUTRITION STANDARDIZED PHYSICAL TRAINING SESSION WARM UP EXERCISE DRILLS STANDARDIZED PHYSICAL TRAINING ACTIVITIES STANDARDIZED COOL DOWN RUNNING CALISTHENICS STABILITY TRAINING 4 FOR THE CORE 4C HIP STABILITY DRILL HSD CONDITIONING DRILL 1 CD1 MILITARY MOVEMENT DRILL MMD STRETCH DRILL SD CONDITIONING DRILL 2 CD2 CONDITIONING DRILL 3 CD3 TRAINING SCHEDULES Search for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Published in the U S A by CARLILE MEDIA Information purposes only **Army Pocket Physical Training Guide** U.s. Army,2013-09-17 The following information is provided for individuals preparing for the physical demands of Initial Military Training The staff of the U S Army Physical Fitness School prepared this Pocket Physical Training Guide [Army Pocket Physical Training Guide](#) United States Army,2016-04-01 The following information is provided for individuals preparing for the physical demands of Initial Military Training The staff of the U S Army Physical Fitness School prepared this Pocket Physical Training Guide **Army Pocket Physical Training Guide** ,2018 [U.S. Military Pocket Survival Guide](#) U.S. Army, Marine Corps, Navy, And Air Force,Matt Larsen,2009-07 Chapter 1 Evasion Planning Camouflage Shelters Movement Chapter 2 Navigation Stay or Move Considerations Navigation and Position Determination Travel Considerations River Travel Ice and Snow Travel Mountain Hazards Summer Hazards Dry Climates Tropical Climates Open Seas Chapter 3 Radio Communications and Signaling Chapter 4 Recovery Chapter 5 Medical Chapter 6 Personal Protection Chapter 7 **Army Physical Training Guide** U. S. US ARMY,U. S. Department of Defense,2017-09-23 The following information is provided for individuals preparing for the physical demands of Initial Military Training IMT The staff of the U S Army Physical Fitness School USAPFS prepared this Pocket Physical Training Guide This document is the sole property of United States Army Training and Doctrine Command TRADOC and is intended for use by U S Army Recruiters to assist future Soldiers This guide

was written in recognition that both the quality and quantity of physical activity recommended to the individuals using this guide is consistent with current physical activity recommendations for the general public The fitness components of Cardiorespiratory endurance muscular strength and endurance flexibility and body composition are all inherent within this generalized exercise prescription This program specifies the intensity duration and frequency of training and it is the interaction of these three variables that results in improved health and physical fitness

**Guide to Military History for Military Examinations** G. P. A. Phillips,1905      Pocket Physical Training Guide Army,2019-10-26      **Department of the Army Pamphlet** ,1980      **U.S. Army Physical Readiness Training Manual** U.S. Department of the Army,2012-01-14

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français figure légendaire de l aéropostale surnommé l archange il est aussi un des membres fondateurs et vice président en  
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