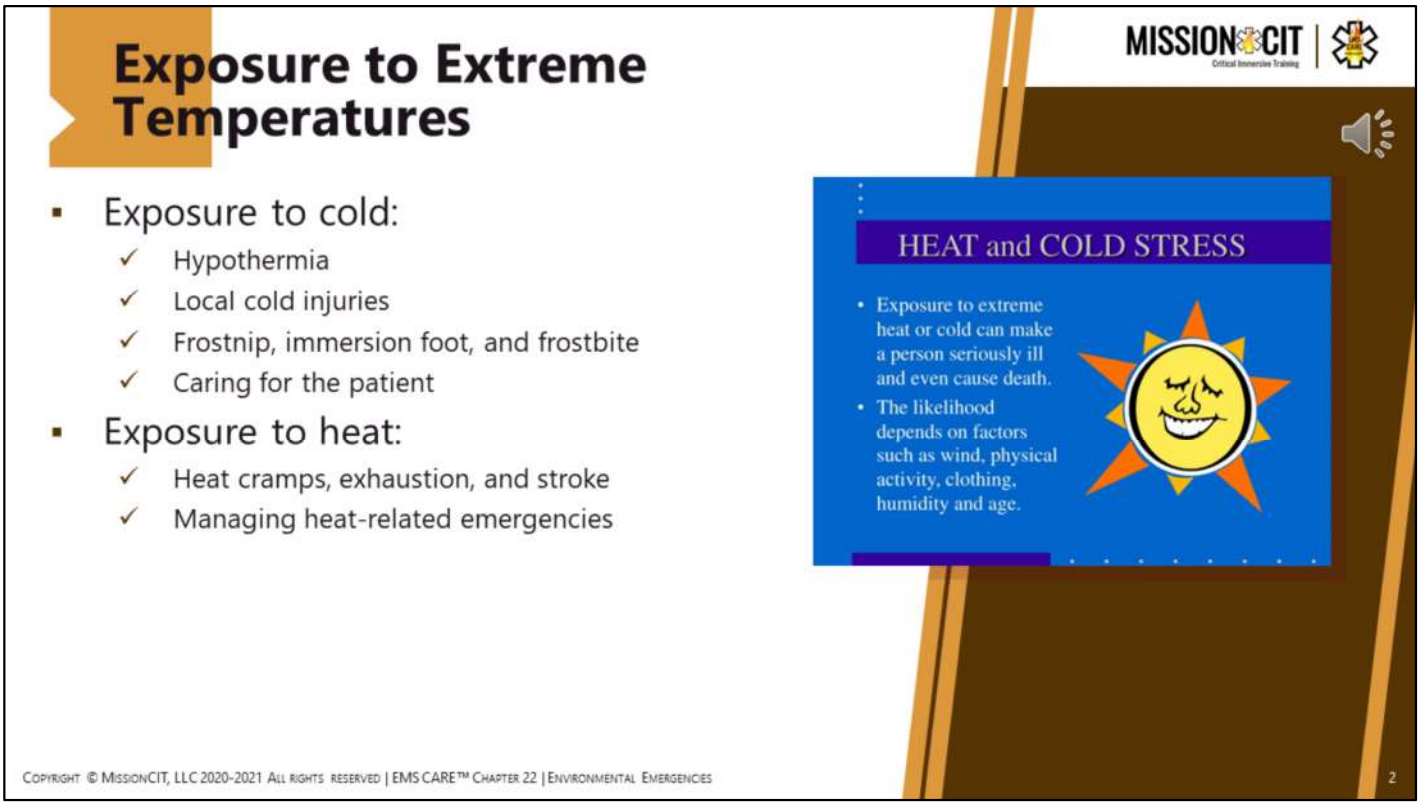


Thank you, Justin. It's time to review these three lessons before you move on to the quiz. Environmental injuries are injuries that happen due to exposure to the environment around the patient such as exposure to extreme heat and cold, drownings, injuries due to altitude, and more.

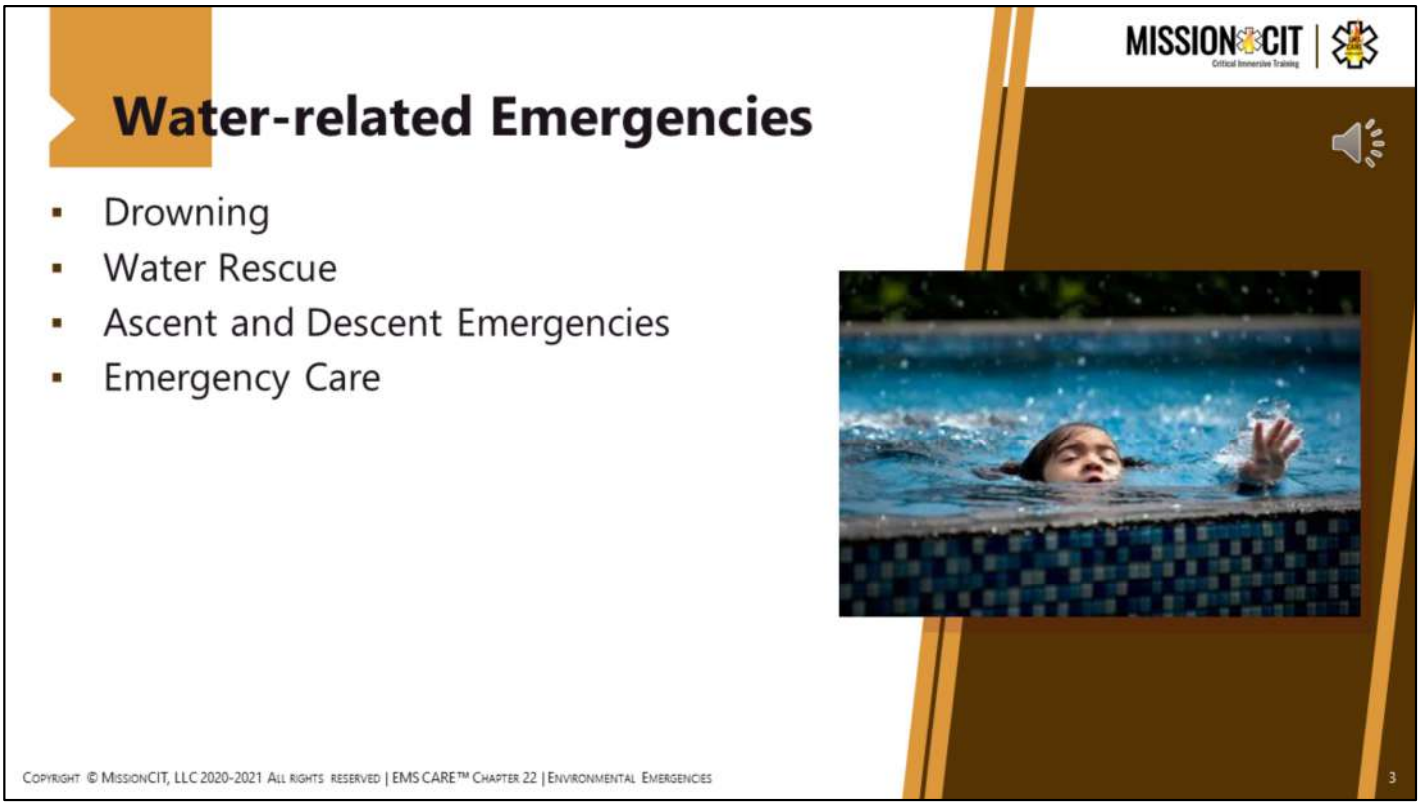


Children, older people, people with chronic illnesses, and young adults who overexert themselves are at a higher risk than others for injuries due to environmental exposure. Many factors can result in such injuries. Exposure to cold and heat are some common types of environmental injuries. Here is what we discussed in the first lesson:

- Hypothermia is a condition where the core temperature of the body falls below 95 degrees Fahrenheit. As a result, the body loses its ability to regulate its temperature and generate body heat. Frostnip, immersion foot, and frostbite are some injuries that happen due to prolonged exposure to cold.
- Hyperthermia is common with heat exposure, and this is when the body temperature is higher than 101 degrees Fahrenheit. The three common heat-related illnesses are heat cramps, exhaustion, and stroke.

If the patient is exposed to cold, assess the scene for safety, start primary assessment and ensure that the airways are open. Remove any wet clothing and place dry blankets to cover the patient. Document the patient's history, and start the secondary assessment.

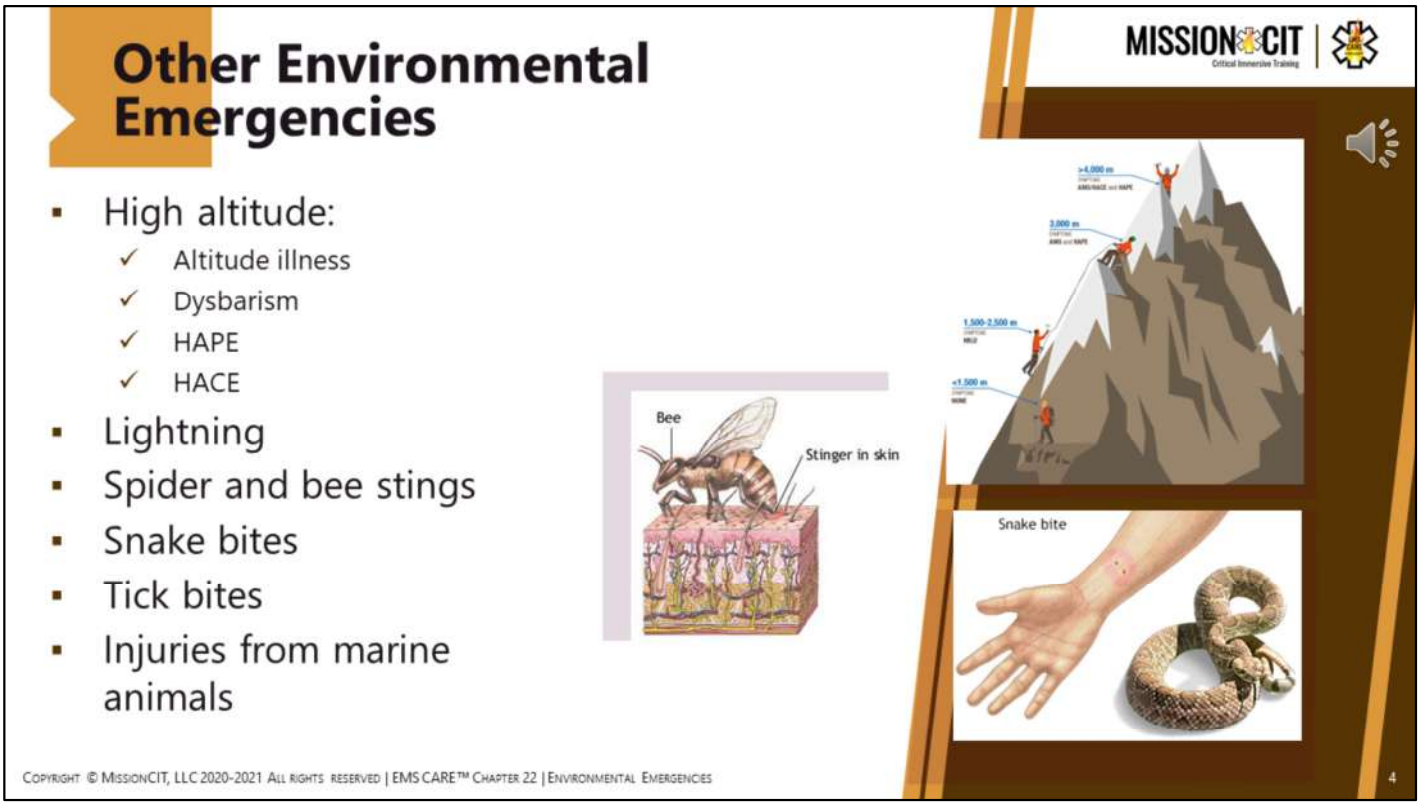
To manage heat-related emergencies, remove the patient from the hot environment, administer oxygen, loosen or remove clothing, place the patient in a supine position and give small sips of water, apply moist towels and transport the patient.



In the next lesson, we discussed water-related emergencies and the care you must provide for such patients. The common emergencies are:

- Drowning: The outcomes of drowning are death, morbidity, and no morbidity.
- Water rescue: The adage to remember in water rescues is reach, throw, row, and then go. Always assume spinal injuries when handling water rescues.
- Ascent and descent emergencies: Ascent emergencies can also result in air embolism where bubbles of air enter the blood vessels. Descent emergencies are caused due to an increase in pressure when a person suddenly dives into the water.

Remember the emergency care aspects we mentioned earlier.



Lastly, let's talk about other emergencies related to the environment.

- High altitude: Altitude illness is caused by diminished oxygen in the air at high altitudes, and this affects the central nervous system and the pulmonary system. It also leads to dysbarism, altitude-related sickness, High Altitude Pulmonary Edema or HAPE and High Altitude Cerebral Edema or HACE. In all of these injuries, arrange for immediate descent. Follow this with the administration of high oxygen and provide supportive treatment.
- Lightning is another injury where the brunt is borne by the cardiovascular and nervous system, and hence, respiratory or cardiac arrest is the most common outcome.
- Stings from insects such as spiders, bees, wasps, yellow jackets, and ants are commonly experienced by humans. In such patients, remove the stinger and venom sac using a firm-edged item such as a credit card to scrape them off the skin. Keep in mind that anaphylaxis is a possibility if the patient is allergic to the venom.
- Snake bites are another common occurrence. While handling snakebites, wear PPE and protect yourself from the snake. If the patient does not experience any pain within the first hour after bite, conclude that envenomation didn't take place.
- Ticks are tiny insects that attach themselves directly to the skin. Rocky mountain spotted fever and lyme disease are examples of diseases that occur through tick bites. As a first step, remove the tick from the skin with a tweezer, cleanse the area with antiseptic, and

store the tick for identification and transport the patient.

- Coelenterates are responsible for most envenomation among marine animals. Use salt water to rinse affected area before transporting the patient.

That's it! We've come to the end of the chapter review. With this, you are all set to take the quiz.