

# Tracks

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## Fall Meeting 10.23

Baystate Jeepers Fall Meeting took place on Sunday following the camping weekend (see p. 2 for information about the whole weekend). The meeting was relatively sparsely attended with 49 folks in attendance.

Among the regular business conducted were the reports of the officers, passing of the 2023 budget, and the election of a new BOD (see p. 2 for a list of the new officers). Of note in the usual business was a reduction in the annual budget. It was noted that club membership is down from past years, and this impacts our income. If we are to maintain our regular event schedule as well as our contributions to other non-profits, we will eat into our savings very quickly. Several solutions were discussed with the greatest momentum behind the idea of reducing the cost of some of our annual events. The new Board of Directors will look into this further.

Other noteworthy business was a report from Mark on Wheeling for Warriors and an honoring of our most frequent trail leaders. More trail leaders are always welcome as it can be quite a burden on just a few folks. For a full rundown of the meeting be sure to check out the [minutes](#) posted in the forum.



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## Meet the Board

BSJ's 2023

### Board of Directors

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**Director of Trails:**

Seth Green

**Director of Events:**

Dale Azevedo

**Director at Large:**

Ken Bell

# Fall Camping Weekend 10.21-23



Fall Camping Weekend was blessed with a beautiful fall weekend with many folks spending the whole weekend at Field and Forest and others making day trips up to hit the trails. Once again, the recreational area in Harrisville, NH, was accommodating and very welcoming to

our group. The highlight for many that spent the whole weekend there was Saturday evening's group dinner and fellowship. It was a great way to unwind and catchup with old friends.

There were multiple trail rides offered on both Saturday and Sunday. Saturday's rides were divided into three groups with one going to Brookridge, in Winchendon, MA, and the other two staying at Field and Forest, separating into an "easy" group and a "hard" group. Keep in mind that little is "easy" at Field and Forest! On Sunday, groups once again had the option to stay and Field and Forest while the Class VI group divided into "regular" and "advanced". From what this reporter heard, there were no major breakdowns or damages reported. The biggest hiccup was that two Jeeps in the Adv. Class VI group became separated from the rest. This is a good reminder to maintain excellent communication throughout the ride. Fortunately, EVERYONE made it back to F&F.



See **FALL WEEKEND** page 3 for more pictures



## Upcoming Events

### 11.5 NEA Mtg.

This meeting already happened (since this edition is late) but you could have attended by responding to Dan's requests on Facebook and the forums. This event was hosted by Ocean State Jeepsters with wheeling at Chutes and Ladders following the meeting.

### 11.25 Turkey Trot

This is our annual day after Thanksgiving Class VI ride. An evite has already gone out. If we get a lot of sign-ups we will break into two groups.

Fall Weekend continued from page 2







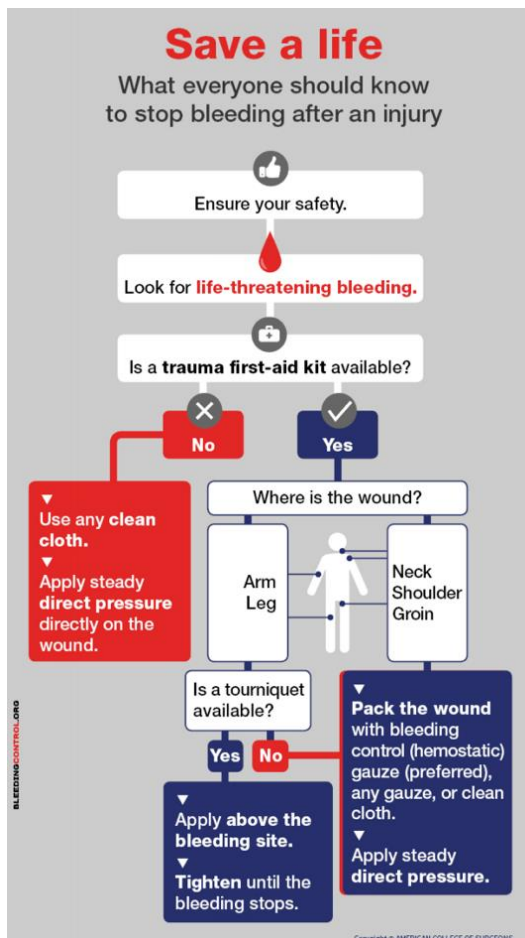
SAVE A LIFE

Lisa Horowitz

Since all Baystate members are required to have a first aid kit as part of the mandatory equipment, I thought I'd just share some tips and dispel any myths about tourniquet use and bleeding control.

Stop the Bleed is a national awareness campaign intended to encourage bystanders to become trained and equipped to help in a bleeding emergency before professional help arrives. Because it only takes 5 minutes to die from blood loss, those nearest to someone with life-threatening injuries are the best positioned to provide care.

I would encourage everyone to check out the website <https://www.bleedingcontrol.org/> for everything there is to know about basic bleeding control.



## Tourniquets

So, let's talk about tourniquets, first. Extremity bleeding is one of the most preventable causes of death. Years ago, tourniquets were a last resort. It was thought that you should do everything in your power to stop the bleeding with direct pressure. If that failed, applying a tourniquet was it: knowing once you put it on, the limb will probably have to be amputated if left on for more than 2 hours.

Additionally, once the tourniquet was applied, someone was supposed to release the tension every 15 minutes. Updated data has since changed that thinking and tourniquets are found to be safe to use and the effects from placed tourniquets have been studied more closely. The majority of updated information on tourniquet use has come from the U.S. military following battlefield use in Iraq and Afghanistan. While tourniquets have been feared by civilian first-aid providers, the military has shown that not only are tourniquets effective, but they typically have minimal complications.

Furthermore, data has shown tourniquets have been left on for more than 6 hours with no tissue loss or loss of limb.

### Tips:

- Applying loose tourniquets do not stop the bleed. They are meant to be applied tightly until distal pulses cannot be felt. **It will hurt!**
- Use commercially available tourniquets first, if available.
- Apply tourniquets that can be self-deployed and have a locking mechanism once applied.
- Used improvised tourniquets only as a last resort if a commercially made one is not available.
- Write the application time tourniquet was placed on patient.
- Clearly indicate on a patient that a tourniquet was applied.
- Do not loosen or remove tourniquet once it is applied.
- Monitor bleeding. If one tourniquet does not control bleeding, apply another one above the first.

## Hemostatic Dressings

While tourniquets are meant to prevent arterial blood loss to limbs, hemostatic agents are also useful to control bleeding, especially if injuries are located on parts of the body that tourniquets cannot be used. Injuries that do not require tourniquets but still produce a significant amount of blood loss can be controlled with a pressure bandage or by gauze/chemical powder directly packed into a wound. QuikClot® is an example of a hemostatic agent. It's a nonwoven gauze that has been impregnated with kaolin to prevent bleeding. It comes either in a roll form, or as a package folded in a "Z" pattern, decreasing the gauze from unraveling while packing the wound. Additionally, the gauze has an X-ray detectable strip. Celox-A® is also an example or another type of hemostatic aid, but rather than packing the wound with a gauze, loose granules are poured from the package, directly into the wound.



## Pressure Bandages

The Emergency Bandage, also known as the Israeli Dressing, is an elasticized bandage with a non-adhesive bandage pad sewn in. The bandage has a built-in pressure bar, which allows the person to twist the bandage around the wound once, and then change the direction of the bandage, wrapping it around the limb or body part, to create pressure on the wound. Aside from this, the pressure bar also makes bandaging easier. A closure bar at the end of the bandage means that it clips neatly into place and will not slip. This can be used to cover a wound after packing it with a hemostatic or just to cover a wound on its own. This video explains it better:

<https://www.youtube.com/watch?v=wNR8rRFgwNk>



Below, I included a photo of my own "Stop the Bleed" kit. It's simple but has everything required to treat immediate life threats and the most important first aid kit I have. I also made a list of the common and universally issued brands of hemostatic agents, emergency bandage, and tourniquets used by military, police/SWAT, Fire, and EMS.



- (2) Tourniquets (I keep one unwrapped)
- (2) QuikClot Combat Gauze Z-fold
- (1) Pair of Shears
- (1) Israeli Dressing/ Pressure Bandage
- (2) Pair of nitrile gloves
- (1) Small Sharpie

## So, Is That All I need to Carry in My Jeep?

A first aid kit is required equipment, but the specific items that are required are completely up to you and your needs. If you have anaphylaxis to, let's see, bee stings, then carrying (hopefully more than just one) epi pen is extremely necessary. Just remember, you'll be out in the woods all day wheeling, so whatever you need besides from immediate life-saving interventions is personal preference. As far as medications, I carry three: Ibuprofen (Advil), Aspirin (81mg x 4), and chewable Diphenhydramine for allergic reactions (Benadryl).

The benefit to making your own kit is that you only need to supply it with stuff you think is necessary. It's also cheaper to make your own and leave out supplies that aren't necessary for a day out in the woods. Also, remember to go through your first aid kits and look at the expiration dates of the medications and make sure they didn't get crushed or dissolve.

### IFAK (Individual First-Aid Kit)

These are great because they're small kits, that are meant for immediate life-threatening injuries along with basic wound care. It's enough to wrap up a small cut on your body and let you continue to wheel for the rest of the day, to the other extreme of stopping an arterial bleed and getting you off the trail and to more definitive care.



Here's a list of basic first aid items that is any standard IFAK kit:

- 1- Combat (hemostatic gauze)
- 2- Pairs of nitrile gloves
- 1- Israeli Dressing
- 1- Permanent Marker
- 1- Tourniquet (2 is better!)
- 1- Trauma shears
- 2- Vented Chest Seals
- 1- Burn dressing
- 2- Triangular bandages
- 4x4 Gauze
- Roller Gauze
- 1" Tape
- Adhesive Bandages

As with anything, make sure you know how to use the equipment you carry. Before putting the tourniquets in your kit, take them out of the package so you can grab them with one hand and apply it yourself in an emergency. Every item mentioned is available on Amazon. If you have any questions as to my personal recommendations to specific tourniquets, bags, etc, feel free to email me at [LisaH311@gmail.com](mailto:LisaH311@gmail.com).

**\*Note\*** All items shown are actual medical devices and supplies issued to all branches of the US Military. The information provided above follows national standards from the American College of Surgeons, The Hartford Consensus, and The Committee on Trauma. Additionally, my views, preferences, and recommendations as to specific tools and brands expressed here are my own and not those of Baystate Jeepers.

**First Aid/IFAK brands:**

Combat Application Tourniquet (C.A.T.) Gen 7

North American Rescue Hyfin Vent Chest Seal

QuickClot Advanced Clotting Gauze 3 x 24 in.

Israeli-Style Emergency Dressing, also known as Emergency Bandage or compression bandage. 4" or 6"

Burnshield 4"x4" burn dressing