



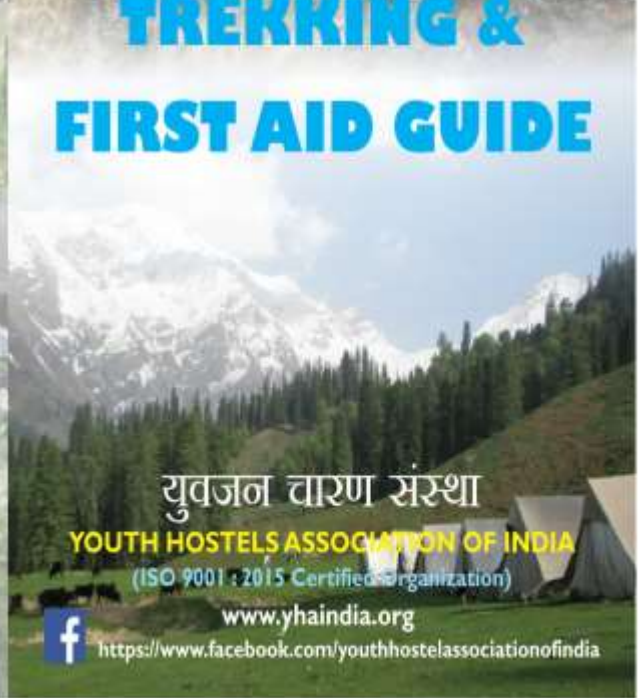
WE PROMOTE YOUTH HOSTELLING



FOR PEACE AND INTERNATIONAL UNDERSTANDING



TREKKING & FIRST AID GUIDE



युवजन वारण संस्था

YOUTH HOSTELS ASSOCIATION OF INDIA

(ISO 9001 : 2015 Certified Organization)

www.yhaindia.org



<https://www.facebook.com/youthhostelassociationofindia>

YHAI TREKKING & FIRST AID GUIDE

Name _____

Address _____

Blood Group _____

Membership No. _____

Registration No. _____

Group No. _____



YOUTH HOSTELS ASSOCIATION OF INDIA

5, Nyaya Marg, Chanakyapuri, New Delhi-110021

Tel: 07827999000 Fax : 011-26113469

E-mail : trekking@yhindia.org

www.yhaindia.org

Vision

To become a centre of safe, affordable and clean accommodation for young people during their travel, to encourage youth traveling in India and education & understanding through personal experience.

Mission

Our Mission is to enable and promote travel, tourism, adventure spirit, national integration and education & health by providing hostels of good standards to millions of youth of limited means during their travel at affordable rates on a sustainable basis and by organizing adventure and educational events and to develop understanding among youth about social & development issues.

Your Attention

Please note that YHAI organises environment friendly treks. Do not litter any wrappers or spoil the trails in any way. In case you find any wrappers, plastic bag or any thing left by trekkers on the same way , please carry the same with you for deposit at the Base Camp

"Wandering One Gathers Honey"



My Dear Trekker,

Youth hosteling came to India in the early forties with the setting up of a youth hostel near Shimla by the Boy Scouts and Girl Guides of India, Punjab Circle. However, it started taking roots in 1949, when some enthusiasts in Mysore setup a committee to promote the movement in India. Three years later, the Indian Association received the associate membership of the International Youth Hostel Federation.

Late Pt. Jawaharlal Nehru, the then Prime Minister of India gave his personal encouragement and support for the first national conference of the organizing Youth Hostels Association of India (YHAI) in 1956 in Delhi which marked the establishment of the movement on a national level.

Would the German school teacher, Richard Schirrmann, who started youth hostelling in the year 1909, have ever imagined that his small but innovative step would lead to growth of a world-wide and multi-faceted movement? Quiet apart from the fact that today youth hostels are found in 4000 locations across the globe, the movement is no longer confined to providing for accommodation at an affordable price. The Youth Hostellers have become the ambassadors of peace, harmony and international understanding throughout the world. The slogan "Back to Nature" not only creates a love for nature amongst the youth but it also results in their holistic development and helps in moulding them into well-disciplined citizens, who become invaluable assets to their respective societies and the world at large.

My Dear Trekkers, when you are about to start trekking in mountains or in desert or along the beach or in tropical forests, make a resolve to dispose of and bury all decaying rubbish, and not to spoil the trail and its surroundings in any way, not to chop trees or branches and not to kill any birds or animals. And do familiarize yourself with the places you visit and the people of the area and how they live. Make friends with as many people as possible as you go along the trail and share your experiences with us at YHAI, also do give us feedback about arrangements, with a view to bringing about further improvements.

My good wishes to you for a very happy trekking.

Mohd. Shafi Pandit
National President,
YHAI



Dear Trekkers,

Greetings from Youth Hostels Association of India (YHAI).

Adventure Activities are one of the main activities of YHAI which helps to promote travel, tourism, adventure spirit, national integration and education & health to millions of youth of limited means and educational events and to develop understanding among youth about social & developmental issues.

"Back to Nature" is the slogan of trekking. In today's time when the world is increasingly becoming materialistic, it is absolutely necessary that we do not forget Mother Nature for the abundance she has given to the mankind. Nature provides the human a healthy atmosphere in which he can enjoy the every moment after forgetting his perplexing cares and worries. It provides opportunity to enjoy the pleasant climate and experience the challenges of nature in full fury, during spine chilling cold nights. The splendid views of snowy peaks offer an endless feast to the eyes. It fascinates the trekkers with their sweet grasses, wild flowers and a variety of birds. It expose the trekkers to a greater adventure and to rough the rigors of plodding with a sense of love for nature and outdoor recreational activity aiming at promoting national integration.

While enjoying the nature in the picturesque valleys, youth has to think about the preservation of the environment and its importance for long. Restoring ecological balance may include the afforestation of the threaten Himalayas, preservation of threatened species of flora and fauna and fragile eco-system. Here a great emphasis is laid on the role of youth in conserving through voluntary organisations, such as ours. There is need for calling a multi-directional action programme. But our measures should be such which do not impair the natural regenerative process. It is the duty of the trekker that nature and environment during their trekking should not be spoiled and remained untouched as beautiful as they enjoyed for others.

I hope being a good and sensitive trekker, you will preserve the environment and take all precautions to keep it clean while trekking in mountains, deserts, beaches or in tropical forests and also will not hurt or kill the birds and animals.

I wish you all for the happy and successful trekking.

S. Venkat Narayanan
National Chairman

AIMS AND OBJECTIVES OF YHAI

The aims and objectives of the Youth Hostel Association of India are:

- To encourage youth travel and provide low cost good accommodation;
- To foster friendly relationship between the urban and rural youth;
- To promote inter-state contacts, national integration and international friendship;
- To instill among the youth a sense of adventure and awareness of environment; and
- To organize and conduct collective outdoor adventure activities at 'no profit, no loss basis'.

What does YHAI offer

YHAI is affiliated to the International Youth Hostel Federation (IYHF), which has a membership of 3.5 million youth in more than 80 Member and Associate Countries and is linked with a chain of 4200 Youth Hostels worldwide generating more than 35 million bed nights every year.

Youth Hostels Association of India (YHAI) is one of the leading non-government organization with individual membership of more than One Lakh. It has its Branches in 24 States and more than 251 Districts Units all over the Country. It offers inexpensive, neat hygienic and secure accommodation at a nominal cost in youth hostels located throughout India. It organizes long and short distance cycle trails, expeditions and adventure sports, such as, trekking in mountains, in deserts and along the beaches. It holds camps and workshops on National Integration, control of environment and pollution, and training courses in Youth leadership for inculcating self-discipline and self-initiative in the Youth. It also holds special camps for the tribal's and border area Youth.

YHAI Membership

YHAI membership entitles you to avail all these facilities at a nominal cost. The membership fees is:-

- Junior Annual (Below 18 Years):Rs.60/-
- Seniors Annual (18 Years & above):Rs.150/-
- Two Years:Rs.250/-
- Life:Rs.2,000/-
- YHAI & IYTC:Rs.500/-(18 years to 30 years)
- **Institutional Membership for Schools (upto 12th Standard)**
- One Year = 600.00
- Five Years = 2500.00
- **Institutional Membership for Colleges (above 12th Standard)**
- One Year = 1200.00
- Five Years = 4500.00

What is Hostelling

Hostelling is travelling the budget way-travelling at your own stream-a very special venture at leisure in travel adventure.

Hostelling offers a wholesome, rejuvenating opportunity for the desire which burns deep in your heart to 'see places and meet people'. For this, travel the hostelling way and widen your horizon. Acquaint yourself with the countryside, gain knowledge and appreciation of nature. Get accustomed to approaches of life in varying situations to develop your self-initiative. And while travelling, stay in youth hostels.

What is Youth Hostel

A youth hostel is more than just a convenient place for an overnight stay. It provides comfortable and inexpensive accommodation with assured security, essential facilities. It has warm and friendly atmosphere under the care of the Hostel Managers. It is a 'Home Away from Home'. It is a centre of youth activities where you meet people from different parts of the Country and other Nationalities. One can forge new friendships and get to know each other closely.

A member of Youth Hostels Association of any Country is also entitled to stay in Hostels of any other member Country. It is mandatory for YHAI Members to carry membership card with him or her on their travels in India and abroad. The Youth Hostelling facilities exist in almost all the State and Union Territories in India.

Youth Hostel customs are common sense practices based on thoughtful consideration of 100 years old youth hostelling history. You are welcomed to a youth hostel regardless of the mode of transport by which you reach there. Get your reservation in time. Most of the Hostels are closed during day time. Alcohol, drugs, smoking and fire-arms are strictly prohibited in the hostels.

YHAI Programmes

Youth Hostels Association of India has been organizing Trekking Expeditions in various parts of the Country for the last Forty seven years. These Expeditions attracts participants from every walk of life and from every corner of the Country. Dedicated volunteers run our programmes. We charge very nominal participation fee from our participants. In the past, we have organized our National Trekking Expeditions in Jammu & Kashmir, Himachal Pradesh, Goa, Uttarakhand, Mizoram etc.

The purpose of these programmes is to expose the YHAI members to a greater adventure and to rough out the rigours of plodding through nature with a sense of love for nature and outdoor recreational activity aiming at promoting National Integration.

Volunteers

After completing 47 years of adventure programmes in different parts of Country, YHAI now stands in a remarkable position. The credit of the success goes to our hardworking and dedicated volunteers. They are the backbone of our programmes. A volunteer serves as Field Director, Co-Director, Resource Person or Camp Leader. He / She provides voluntary services for 30 Days / 21 Days / 14 Days for the Camp Leaders from time to time. The aim of the Camp Leaders Training is to acquaint the dedicated Youth Hostellers about conduct of outdoor programmes according to YHAI aims and Objectives.

Who can become a Volunteer?

1. Any person who has completed minimum two National Level Trekking Programmes organized by the YHAI.
2. Any person who has completed Camp Leader Training programme organized by YHAI.
3. In the interest of the organization, Adventure Promotion Committee / National Office of the YHAI can recommend person to become volunteer.

How to become a Volunteer?

Interested persons are requested to download Camp Leader form through our website www.yhaindia.org and send it back by e-mail or by post to National Office at New Delhi.

Website

The website of the YHAI is www.yhaindia.org information about YHAI can be accessed from the website. On the website, one can apply for online Membership, Booking of Trekking Programmes and Hostels accommodation throughout India.

GUIDE LINES

FOR A SAFER AND ENJOYABLE TREK

The following code of conduct has been evolved by experienced mountaineers and trekkers to make your stay in the mountains enjoyable and safe.

Camp Code of Conduct

Camp is your home in the hills for the next few days. It is your responsibility to keep 'it clean and habitable'. Following guidelines will help you maintain the camp and its surroundings:

- Acclimatize your body properly to survive in High Altitude failing which may result Altitude Sickness.
- Drink enough beverages in form of water, tea, coffee, soup, Juice etc to keep your body hydrated. If your lips are drying that is the appropriate symbol of dehydration.
- Avoid smoking and drinking alcohol as drinking constricts the blood vessels which may result Pulmonary Edema
- Do not wear tight clothes which can disturb blood circulation.
- Do not put ear buds/cotton in ears while operating in high altitude because doing so will not let your body acclimatize properly
- While trekking, try to maintain a single line with at least two feet distance which can minimize the losses if any unexpected incident happens like land slide, rock fall, avalanche etc.
- Avoid putting your hands in pockets while trekking. As if you lose your balance on the slope it will be difficult to arrest the fall
- While ascending use flat foot and avoid walking on toes and use heels while descending
- Avoid sweating by walking in suitable rhythm and if you face breathlessness while climbing/trekking, stop for a while and take a long breath from nose then pause as long as possible and take it out from mouth slowly and repeat the same at least three times and the breathing will be in good control.
- Avoid playing music using headphone which does not let you listen the important instructions from trekking guides and can bring harmful results any time.
- While trekking, if you need to rest for a while do not release your rucksack instantly doing so will expose your warm body to cold weather and will result sickness.
- Do Stretching of the body after finishing trek of the day instantly.
- if you use walking stick put the hand loop in your hand and plant the stick outer side of the mountain.
- Do not hide or ignore any type of health discomfort at any level. Inform to the doctor/camp leader/guide or official Staff who so ever is available
- While trekking if you have cold water to drink, before swallowing increase its temperature by putting a sip in mouth for a while.
- While summiting to mountain or mountain pass, besides enjoying you must take care of the respect of the mountain by not creating any type of noise or any pollution.
- Do not make noise in the night and disturb others.
- Wash your mugs, plates immediately after your meals.

Pack your Rucksack

- Before leaving the camp for your next destination, you have to pack your essential things in the rucksack. Properly packed rucksack will not hinder your movement on difficult terrain.
- All articles should be packed in such a manner that they do not fall off or get spoiled by inclement weather.
- Pack things first which are not required during the day's trek.
- Take a polythene bag and place it inside the rucksack.
- Sleeping bag, if you have, will go first, then put spare clothes and other articles, not required on the way, on sides.
- Lunch box, water bottle, spare socks, wind-proof coat, gloves and torch may be kept in the side pockets.
- Keep matches, reading material, tooth brush and tooth paste, trekking guide and shaving kit in the outer pocket in a plastic bag.
- Before you check the straps, buckles and linings of the rucksack, remember: **CARRY ONLY THOSE ARTICLES WHICH ARE ESSENTIAL.**
- Now sling the rucksack on your shoulders and check the shoulder straps again. Are they tight enough to keep the rucksack close to your back? If not, then do it, but do not tighten it too severely. Now you are ready for the trek.
- During a rain or storm find a shelter – a cave or a projected rock – to save yourself.

- In case of lightening, do not stand under a tree or high conical rock. And if in open, lie down on the keens and elbows on the ground.
- On your route, you may encounter flocks of sheep or bulls or mules crossing your path or even vehicles. In such a case keep to the mountain side and not the side facing valley.

Brief Information about Cold Injuries

Cold Injuries can be classified as:

- 01] Localised Cold Injuries – can be further subdivided as
 - a) Above Freezing Cold Injuries – 1. Chilblain, 2. Trenchfoot
 - b) Below Freezing Cold Injuries - 1. Frostbite
- 02] Generalised Cold Injuries – 1. Hypothermia
- 03] Miscellaneous Cold related Injuries – 1. Metal bite
 - 2. Sun Burn
 - 3. Snow Blindness

Another important factor to keep in mind for Cold Injuries are:

#Wind Chill Factor – Due to the effects of wind, the felt temperature on your exposed skin will be much lesser than the actual atmospheric temperature. For eg., if the atmospheric temperature is 0° C, due to the wind chill factor the felt temperature on the exposed skin/body could be even upto -10° C

01] Localised Cold Injuries -

- 1] Above Freezing Localised Cold Injury –

(a) **Chilblain** – It's the entry level cold injury and least severe of all cold injuries

Symptoms –

- 1. Swelling
- 2. Redness and Itching

Treatment –

- Put the affected part in warm water.
- Apply localized heat and massage the affected part.
- Keep the affected part supple by applying Petroleum Jelly.

(b) **Trenchfoot** – In comparison to chilblain, trenchfoot happens over a longer duration of exposure to cold and moisture. Even though it is called trenchfoot it can happen to the hands too. It is caused due to constant exposure to wet clothing. It has all the symptoms of chilblain only difference being it happens over a longer period of time and is a chronic condition as opposed to chilblain which is an acute phenomena and happens quickly.

Treatment –

- 1. Remove Wet Clothes and put on dry socks/ gloves/ clothes
- 2. Keep the patient in front of a heat source and massage the affected part.
- 3. Keep the affected part supple by applying petroleum jelly.

2] Below Freezing Cold Injuries –

- 1. **Frostbite** – That injury that you get below 0° C is called Frostbite. It starts off as Chilblain and then progresses to becoming a frostbite injury.

Symptoms –

- 1. Swelling
- 2. Redness
- 3. Numbness
- 4. Tingling Sensation
- 5. Fluid filled blisters if not controlled turns into ulcers which further not controlled turns into an infected wound or turns black and gangrenous and that part has to then be eventually amputated.

Treatment –

- 1. Ensure further cold injury is prevented.

2. Prevent it from mechanical trauma
3. Apply localised heat.
4. Massage around the afflicted area
5. Apply a sterile loose dressing to prevent further injury and at the same time helping to provide it a little localised heat.

02] Generalised Cold Injury

1. **Hypothermia** - When your body core temperature is 36° C or below, the condition is then called hypothermia.

Symptoms –

1. Initially at 36° C and below your body starts shivering in an attempt to increase the body temperature.
2. After 35° C and below your body stops shivering and your internal organs start slowing down and eventually begins to shut down.
3. Eventually at 30° C to 31° C the body starts going into a coma.

Treatment - The aim is to increase the core body temperature

1. Immediately remove all wet clothing off the victim and put on dry clothes and cover with warm blankets etc.
2. Give warm fluids like tea, coffee etc.
3. Keep the person near a heat source.
4. Place warm packs i.e. dip cloth in warm water and place it on core areas of the body.
5. Place the person in an insulatory wrap – either in an aluminum foil or wrap a blanket around the person in three folds so that the heat isn't lost.
6. Internal Rewarming – Take an IV fluid bottle and place in hot water till it heats up to 37° C to 40° C and then put the victim on the IV drip.

All the above mentioned methods have to be done simultaneously till the patients core body temperature returns to normal.

In mountaineering there is a dictum, A patient of hypothermia is never cold and dead but it always warm and dead. That means only when the core body temperature has reached 37° C and then after checking the vital parameters can you pronounce the victim dead.

03] Miscellaneous

1. **Metalbite – It is a form of frostbite.** It happens when you touch a frozen metallic object with your bare hands in cold weather and conditions. If the skin gets stuck to the object pour hot water to separate the hand from the object. You treat metal bite exactly the way you would treat frostbite. Only difference being that you give the patient a TT (Tetanus) shot afterwards too.
2. **Snow Blindness –** In higher altitudes the amount of unfiltered UV rays is much higher and the degree of damage of the UV rays when reflected from snow onto the eyes is more. To prevent Snow Blindness always wear sunglasses. If you don't have a pair of sunglasses as an emergency measure you could even tie a piece of cloth around your eyes with a hole pierced in it to see through. This works as a temporary emergency measure. If a person gets affected by Snowblindness immediately wash the eyes with cold water and prevent further UV exposure. Keep the person in a dark room or put on a cloth band around the person's eyes for a day or two.

HIGH ALTITUDE SICKNESS

Higher altitude have decreased air pressure which doesn't allow the body to effectively

process and metabolise oxygen. This causes the body to undergo physiological stress and deterioration. Physiologically the first ones to respond to High Altitude are the Lungs – with increased rate of breath, Heart – begins to pump faster and helps circulate blood faster and Red Blood Cells – which increases the blood platelet count in order to increase the oxygen absorption capacity in the body. When you go for trekking in mountains, your body may not have enough time to adjust which can result in altitude sickness. Your level of exertion also plays a role. Pushing yourself too quickly to hike up a mountain may cause mountain sickness.

(01) Acute Mountain Sickness (AMS)

AMS is the initial form of high altitude illness which can develop to further stage if not treated immediately. Basically AMS develops when a trekker tries to ascent too fast and/or gains height too much in a very short time or ignores acclimatization walk. Exertion and dehydration also boost to AMS

Symptoms & Signs

A diagnosis of AMS is made when there has been a height gain in the last few days and the victim has a headache (typically throbbing, often worse when bending over or lying down) plus there is one or more of the following symptoms:

- Fatigue and weakness.
- Loss of appetite, Nausea, vomiting.
- Dizziness, Uneasiness, light headedness.
- Poor sleep
- Loss of Appetite

If the symptoms of AMS are observed trekker must rest at the same place for at least one hour and keep body well hydrated, if symptoms do not disappear rapidly or get worse, victim should be given oxygen for a while or descent around 600 meters.

- Note: If only headache is faced and not relaxed after taking Dispirin or Paracetamol in an hour may be the sign of AMS

Medication : Acetazolamide (Diamox TM): Tab Acetazolamide may be given for unavoidable ascent of next morning/ if symptoms are still present in bed time/ for slow acclimatizers/ for tight schedule or in emergency. Acetazolamide tablet is easily available in market in 125mg to 250mg

(02) High Altitude Pulmonary Edema (HAPE)

HAPE is the accumulation of fluid in the lungs. The oxygen is decreasing as per the height gain. So, when oxygen is less, the blood vessels around lungs start constricting which results water getting accumulated in lungs. HAPE is very less in common but life threatening and mostly possible in higher altitudes. If AMS is not treated properly that also can develop HAPE.

Symptoms & Signs

- Reduced physical performance (tiredness, fatigue) and a dry cough often are the earliest signs of HAPE.
- Breathlessness at rest.
- As HAPE gets worse, the cough may start to bring up white frothy sputum. Later still, this frothy sputum may become bloodstained (pink or rust coloured).
- At severe stage of HAPE lips, tongue or nails may become blue due to lack of oxygen in the blood.
- At severe stage of HAPE the victim becomes confused, drowsy, semiconscious or unconscious.
- Once the above symptoms are observed, victim must be descended as low as possible aiming around 1000 meters.

Medication : Acetazolamide tablet 250mg may be given 8-hourly for the rest of the time at altitude. Nefidine tablet 20 to 30 mg may be given 12-hourly for at least three days. Oxygen may be given 4 to 6 L/Min or 5 to 6 hours or as needed. If you have pulse oxymeter, aim for a PO₂ of 80%.

Most effective treatment is Descend Descend and Descend.

(03) High Altitude Cerebral Edema (HACE)

HACE is a severe form of acute mountain sickness. HACE is the accumulation of fluid in and around the brain. It can also occur in people with HAPE and vice versa. The faster the rate of ascent and the higher the altitude, the more likely it is that HACE will develop. It is thought to occur mainly in trekkers or climbers who have ignored symptoms of acute mountain sickness(AMS) and climbed higher rather than staying at the same altitude or descending.

Symptoms and signs

- Severe Headache (not relieved by paracetamol or aspirin)
- Nausea/Vomiting (which may be severe and persistent)
- Lack of coordination in brain
- Changes in behavior (uncooperative, aggressive or apathetic)
- Much confused, drowsy, semiconscious or unconscious

Diagnose

- **Heel to toe walking test**:- the victim may be asked to take 10 very small steps in a straight line, placing the heel of one foot in front of the toes of the other foot as they go. Reasonably flat ground is necessary and the victim should not be helped, but be prepared to catch the victim if they fall over! Excessive wobbling is difficulty (to do the test), falling over is failure
- **Standing Test**:- The victim stands, feet together and arms folded across their chest and then closes their eyes (the victim should not be helped but be prepared to catch the victim if they fall over! Excessive wobbling is difficulty (to do the test), falling over is failure.
- **Mental tests are used to assess level of consciousness**:- you must take into consideration preexisting verbal/arithmetic skills and culture; it is a decline in ability over time that is significant. Examples of these include "spell your name backwards", "ask date of birth", or about recent news event.
- **Straight line test** :- For this test you need to draw a straight line and ask the victim to walk on the line if victim could not walk it then it can be the sign of HACE

Treatment and Medications

- Victim must be descended as soon as possible
- Acetazolamide tablet 250 mg 8-hourly may be given for the rest of the time at altitude
- Dexamethasone is commonly prescribed 8 mg at once. IM or by mouth then 4 mg 6-hourly.
- Oxygen may be given for 2 to 4 L/min or more until improving, or 4 hours or more.
- Asthama reliever spray 2 puffs 4-hourly can also be used

Leeches

Leeches are a nuisance. They will hitch hike on your legs, arms or any exposed part of the body and silently suck your blood. Keep salt, tobacco or match box always with you. Do not get scared or remove them with force. Just rub salt or tobacco at their mouth or show the burning matchstick.

'Care of your Feet

Your feet have been mercilessly pounding over the gravels, sands, rocks, stems etc. for the past few hours. They need rest and recuperation for tomorrow's trek:

- Remove your boots and keep them outside in the sun.
- Take off your socks and wash them.

- Wash feet as often as possible. Dry them, rub them vigorously between toes.
- If feet look tender, wash them first with soap and water. Soak them in potassium permanganate. Dry them apply powder.

Blisters

Blisters on the trek are inevitable. You cannot avoid them but you can surely know to deal with them:

- First clean them with soap and water.
- Puncture the blister with a sterilized pin or needle. Sterilization can be done by passing the pin or needle through a flame. Do not remove the skin.
- Apply adhesive plaster.
- Remember to **KEEP YOUR FEET AS CLEAN AS YOUR FACE.**

INTERNATIONAL YOUTH HOSTEL FEDERATION

ENVIRONMENTAL CHARTER

Aim

The Federation seeks to encourage environmental awareness and good practice amongst its Member Associations so enabling the youth hostel movement to play its part in environmental conversation. In order to enable execution of this policy, the Federation has laid down its objectives in the following seven issues:

1. ENERGY CONSERVATION

Associations will periodically review their use of energy because energy production is a major reason for depletion of natural resources, global warming, acid rain and climate change. Attempts will be made to use as little energy as possible. IYHF will seek to use renewable energy and where possible will encourage projects to this end.

2. RECYCLING

Associations will commit themselves to the use of recycle or part recycled products wherever economically feasible. Segregation of waste for such items as paper, plastic, batteries, bottles and cans demonstrates, in a very visibly manner, to young people and other using youth hostels, that care is being taken on the use of our planet's resources.

Measures will be taken to ensure water quality and minimise wastage and leakage.

3. POLLUTION

Association will use reasonable means, including assistance from local authorities and other agencies, to minimize pollution.

Disposal of waste, including litter, will be efficient and environmentally acceptable.

4. TRANSPORT

Association will encourage use of public transport where this is practicable. Alternatively, car sharing will be encouraged. Full information on public transport will be supplied at all youth hostels. Car borne hostellers will be encouraged to discover the surrounding area by public transport, bicycle or on foot. Long term parking will be provided at hostels, where possible, to encourage this.

5. NATURE

Association will be supportive of the formation of nature reserve, national parks and other specially designated areas to provide both wildlife habitats and for public recreation.

Association will wherever practical reserve part of the hostel grounds for a "wild garden" where diverse plants or weeds specific for a particular species of wildlife

could be grown.

6. ENVIRONMENTAL EDUCATION

Association will consider making specific provision for environmental education at suitable youth hostels. Youth hostels can be suitable centers for locating environmental education material such as Teacher Packs, Projects / Work Cards, Leaflets and Posters.

7. CONSUMPTION

Association will take into account environmental factors in purchasing. There are a whole range of products which claim to be environment friendly; some have more significance than others depending on the local circumstances. Association should keep abreast of research in these areas in what a rapidly changing scene.

Wherever possible use; recycled paper (displaying the recycled logo), locally grown food perhaps from the youth hostels own garden, appropriate building materials including local or recycled materials where this is economically viable and minimal amount of chemical cleaning agents to ensure good health and hygiene.

LIST OF DISCOUNTS ON YHAI MEMBERSHIP CARDS

1. 15% Discount by Al-Kuresh on India, Mughlai and Chinese foods at AL-KURESH FOOD PLAZA located at Shop No: 7, Yashwant Place, Chanakya Cinema Complex, New Delhi – 110 021, Contact Mohd. Shahzada – 9811278768, 26880333, 24102333.
2. 15% Discount on the printed tariff on all GTDC (Goa Tourism Development Corporation) services i.e. accommodation, tours and cruises. Booking only on producing YHAI membership card at Reservation cell located at Panjim Residency at Goa.
3. 20% Discount on room tariff in U.P. State Tourism run Hostels and Guest Houses and 10% discount on food and beverages.
4. 12.50% Discount on purchases from M/s M.Ram & Sons (Raymond's Clothing and Garments), 21-E, Connaught Place, New Delhi – 110 001.
5. 10% Discount on stay and eatable in all hotels and restaurants run by Hotel and Restaurants Association of Orissa.
6. 15% Discount on room tariff in all the units of Mayura Group of Hostels in Karnataka.
7. 5% Discount on EURAIL, EUROSTAR, GREYHOUND passes from STIC Travels.
8. 5% Discount on International Students Identity Card issued by YHAI on behalf from STIC TRAVELS.
9. 10% Discount on all tour packages (Domestic and International) purchased from STIC TRAVELS.
10. 10% Discount on room tariff in Hotel Pandian, 15, Kennel Lane, Egmore, Chennai – 600 008.

PRACTICAL FIRST AID

TIPS FOR FIRST AID

What is First Aid?

First Aid is the first treatment given to a casualty (injured person) before the arrival of the Doctor.

Aim of First Aid:

- Preserve life
- Prevent the injury / condition from becoming worse
- Promote recovery

First Aider's Task:

- Take in the situation, find out what has happened
- Identify and deal with any dangers to self or the casualty

- Get help if needed
- Deal calmly and efficiently with the injury / condition as required
- Arrange for further care / treatment at home / hospital if necessary

Equipment Needed

You do not need any special equipment. First Aid kits do contain many useful items such as bandages and dressings but a good first aider not depend on them. You should learn to use whatever is readily available and improvise if necessary.

PROBLEM 1 : CHOKING

This is the result of a blockage of the windpipe. It can happen if food or vomit goes "down the wrong way" or some foreign body slips down the back of the throat.

FIRST AID:

1. Ask the person if he / she can cough; if he / she can, encourage him her to do so.
2. Tell the casualty to bend forward so that his head is lower than his chest.
3. If he / she cannot cough give him / her five sharp slaps between the shoulder blades with the heel of your hand. Repeat the back slap upto four times if necessary.
4. Check inside the casualty's mouth to trace any foreign matter inside; try to hook out the substance by running the finger around the back of his mouth.
5. As last resort if the casualty is still not breathing, stand behind him / her, clench your fist and place it over his / her stomach, Grasp your fist with your other hand then pull suddenly inward and upward: the obstruction will often shoot into and out of the mouth.
6. If the casualty suddenly loses consciousness, start mouth to mouth resuscitation

PROBLEM 2 : WOUNDS AND BLEEDING

A wound is an injury which breaks the skin or other tissues and which allow blood to escape from the body. Bleeding occurs when any of the vessels that carry blood around the body are cut or torn.

FIRST AID:

1. Apply direct pressure using thumb and or fingers preferably over a clean pad and maintain pressure upto ten minutes.
2. Raise and support the injured part so that it is above the heart (chest)
3. Place a sterile dressing over the wound and secure it firmly with the attached bandage. If there is no dressing available improvise emergency dressing.
4. If blood to chow through the dressing, put more dressing on top of the original one and bandage firmly.
5. Watch for any shock symptoms and treat accordingly.

PROBLEM 3 : SHOCK

This is a condition in which the blood circulation, which supplies oxygen to the tissues fail.

FIRST AID:

1. Stop external bleeding as soon as possible.
2. Lay him / her down and protect from any extremes of temperature, turn head to one side.
3. Raise legs by putting folded blankets under the feet. Loosen the collar or any tight clothing.
4. Send for an ambulance or medical aid.

PROBLEM 4 : BLEEDING FROM NOSE

FIRST AID:

1. Make the casualty sit down and tell him / her to pinch his / her nostrils, lean forwards

- and breath through mouth for ten minutes. Undo any tight clothing around the neck.
2. Tell the casualty to spit out any excess fluid in his / her mouth.
 3. Advise the casualty to avoid touching or blowing his / her nose from some hours afterwards any further resumption of bleeding.
 4. If the bleeding does not stop seek medical aid.

PROBLEM 5 : BRUISING

This is a bleeding just under the skin or deeper in the tissues following which does not break the skin. The area will become blue / black after a short time.

FIRST AID:

1. Place a cold compress (cold water pack / ice pack) on the injury to minimize swelling.
2. Support the injured part in the most comfortable position for the casualty, in a sling if appropriate.

PROBLEM 6 : BURN AND SCALDS

- The aim in treating a burn is to reduce the effect of the heat the skin. As far as possible prevent germs from getting into the burnt area
- Never try to remove anything that is sticking to a wound;
- Never put any fats, lotions or ointments on a burn;
- Never try to burst a blister caused by a burn;
- Never put cotton wool directly on a burn;
- Never use adhesive dressing to cover burns;
- If there is no water available, use milk instead.

FIRST AID:

1. Remove the casualty from any danger.
2. If the casualty's cloth's are on fire, lay him / her down and douse the flames with water / nonflammable liquid or smother the flames by wrapping a blanket around him / her. Do not roll him / her.
3. Cool the burnt area by holding the part under cold running water for at least 10 minutes or immerse the injured part into a bucket of cold water.
4. Quickly but carefully remove rings, watches or tight clothing from the injured area before any swelling develops.
5. Protect the injury area by placing over it a sterile dressing large enough to cover the area completely.
6. Watch for shock symptoms.
7. Seek medical aid.

PROBLEM 7 : FAINTING

This is very short loss of consciousness which occurs when the blood flow to the brain is temporarily reduced. This is sometimes known as 'nervous shock' because it can be brought on by pain or emotion.

FIRST AID:

1. If possible help the casualty to lie down and raise his / her feet above the level of the heart (chest)
2. Loosen any tight clothing around the neck, chest, waist.
3. Make sure the casualty has enough air. Open the window and / or ask people not to crowd; fan his / her face if necessary.
4. If the casualty does not regain consciousness quickly get medical aid.

PROBLEM 8 : SNAKE BITE

IMPORTANT:

Keep the casualty calm and do not raise the affected limb above the level of the heart (Chest).

FIRST AID:

1. Clean the area around the puncture marks and place a sterile dressing over the area: This also serves to mark the spot.
2. If the bite is on the hand or upper limb, immobilize the limb with an arm sling.
3. If the bite is on the casualty's lower limb tie his legs together as described for a fractured leg.

4. Get medical aid.

PROBLEM 9 : HEAT EXHAUSTION

Caused by an abnormal loss of salt and water from the body during heavy sweating, heat exhaustion is most common in people who are not used to working in hot climates.

FIRST AID:

1. Help the casualty to lie down in a cool place.
2. Give plenty of salted water to drink (1/4 teaspoon of salt to a tumbler of water).
3. Get medical aid

PROBLEM 10 : HEAT STROKE

This is caused by the inability to lose heat from the body by sweating. It is a dangerous condition which occurs wherever it is very hot and humid with no wind.

FIRST AID:

1. Lay the casualty down in the coolest place possible and remove his cloths.
2. Sponge his body down with cold or tepid (lukewarm) water.
3. Fan his body by hand or by electric fan.
4. Get medical aid urgently.

PROBLEM 11 : UNCONSCIOUSNESS

It is a state in which the casualty becomes insensible because of an interruption in the normal functioning of the brain.

IMPORTANT:

- Maintain an open and clear airway;
- Do not leave an unconscious prson alone;
- Do not give the casualty anything to eat or drink;

FIRST AID:

1. Gently shake him / her by the shoulders or pinch his / her earlobes. On recovery ask the casualty what happened.
2. Open the airway if no response. Tilt the head back and lift the chin well forward.
3. If the casualty is breathing, loosen tight clothing, examine for any signs of serious injury.
4. If the casualty is not breathing, begin mouth to mouth ventilation and send for help.
5. If a spinal injury is suspected, take great care not to twist neck or spine.
6. Check breathing, pulse and level of consciousness. Note changes.

PROBLEM 12: STRAINED MUSCLE

Muscle and the tendons can be strained or torn by any suddern violet contraction or awkward movement. This is common sport injury.

FIRST AID:

1. Support the injured part and help the casualty to rest the area.
2. Apply an ice pack/cold pack to reduce blood flow and minimize swelling.
3. Compress the injured area with a thick layer of cotton wool and crepe bandage.
4. Elevate and support the injured area.
5. If injury is severe seek medical help.

PROBLEM 13: DISLOCATED JOINT

A dislocation is the displacement of bones at a joint.

IMPORTANT:

- Never try to manipulate a dislocated joint;

- Move affected limb as little possible;

FIRST AID:

1. Help the casualty into the position he/she finds most comfortable. Support the injured limb with pillows , rolled blankets and/ or an arm sling.
2. Seek medical help.

PROBLEM 14: JOINT AND MUSCLE INJURIES- SPRAINED JOINT

Sprained joint occurs when the ligaments that hold the bones together at the joints or torn. It can be extremely painful.

FIRST AID:

This is abbreviated as RICE: R-- Rest; I-- Ice; C—Compression; E-- Elevation.

1. Rest and raise the injured part in the most comfortable position.
2. Apply an ice-pack /cold –pack to reduce blood flow and minimize swelling.
3. Compress the injury with a thick layer of cotton wool and a firm bandage to counteract swelling.
4. Elevate the injured limb. If the injury is to the wrist, elbow or shoulder, support with an arm sling.
5. Seek medical aid for X-ray diagnosis.

PROBLEM 15 : FRACTURE-UPPER LIMB

IMPORTANT :

Never bend the arm forcibly.

FIRST AID :

1. Gently bend the casualty's arm at the elbow so that the forearm is across the chest and place soft padding between the fracture side and the body.
2. Support arm with and arm sling.
3. Take casualty to hospital.
4. If the arm cannot be bent help the casualty to lie down with his/her arm by his/her side. Place soft padding between the injured limb and the casualty's body. Apply three broad bandages around the arm and the body.
5. Seek medical aid.

PROBLEM 16 : FRACTURE-LOWER LIMB

FIRST AID :

1. Steady and support the limb holding it at the joints above and below the fracture.
2. Treat any wounds if present.
3. Gently bring the sound limb alongside the injured one. Place adequate soft padding between the legs to cushion the ankles and knees and further padding to fill the natural hollow and gently place board fold bandages under the legs, at the knees, above and below the fracture, narrow-fold bandage under the ankles.
4. Seek medical aid.

PROBLEM 17: FOREIGN BODIES

IMPORTANT:

Never dig into the area to get at a small foreign body or splinter.

FIRST AID:

1. Clean the area around the splinter with soap and water.
2. Sterilise a pair of tweezers by passing them through the flame from a match or lighter. Allow the tweezers to cool. Do not wipe the soot off or touch the ends.
3. Holding the tweezers as near to the skin as possible, grasp the end of the splinter out in the opposite direction to that in which it entered the skin.

4. If the splinter breaks do not continue. Seek medical aid.

PROBLEM 18: FOREIGN BODY IN THE EYE

Never try to remove anything that is on the coloured part of the eye or that is stuck in the eye.

FIRST AID:

1. Tell the casualty to try not to rub the eye.
2. Ask the casualty to sit down in a chair facing a light and lean back slightly. Wash your hands.
3. Supporting the casualty's chin with one hand, gently draw the lower lid down and cutward.
4. If you see the objects on the eyelid on the white part of the eye, lift it off with a moistened wisp of cotton wool or the corner of a clean handkerchief or paper tissue.
5. If the particle is on the upper lid, ask the casualty to look down, grasp the upper lid by the lashes and draw it down and out over the lower lid.
6. If you are not successful help her/his eye under water and blink – the particle should float off.
7. IF you cannot remove the object seek medical aid.