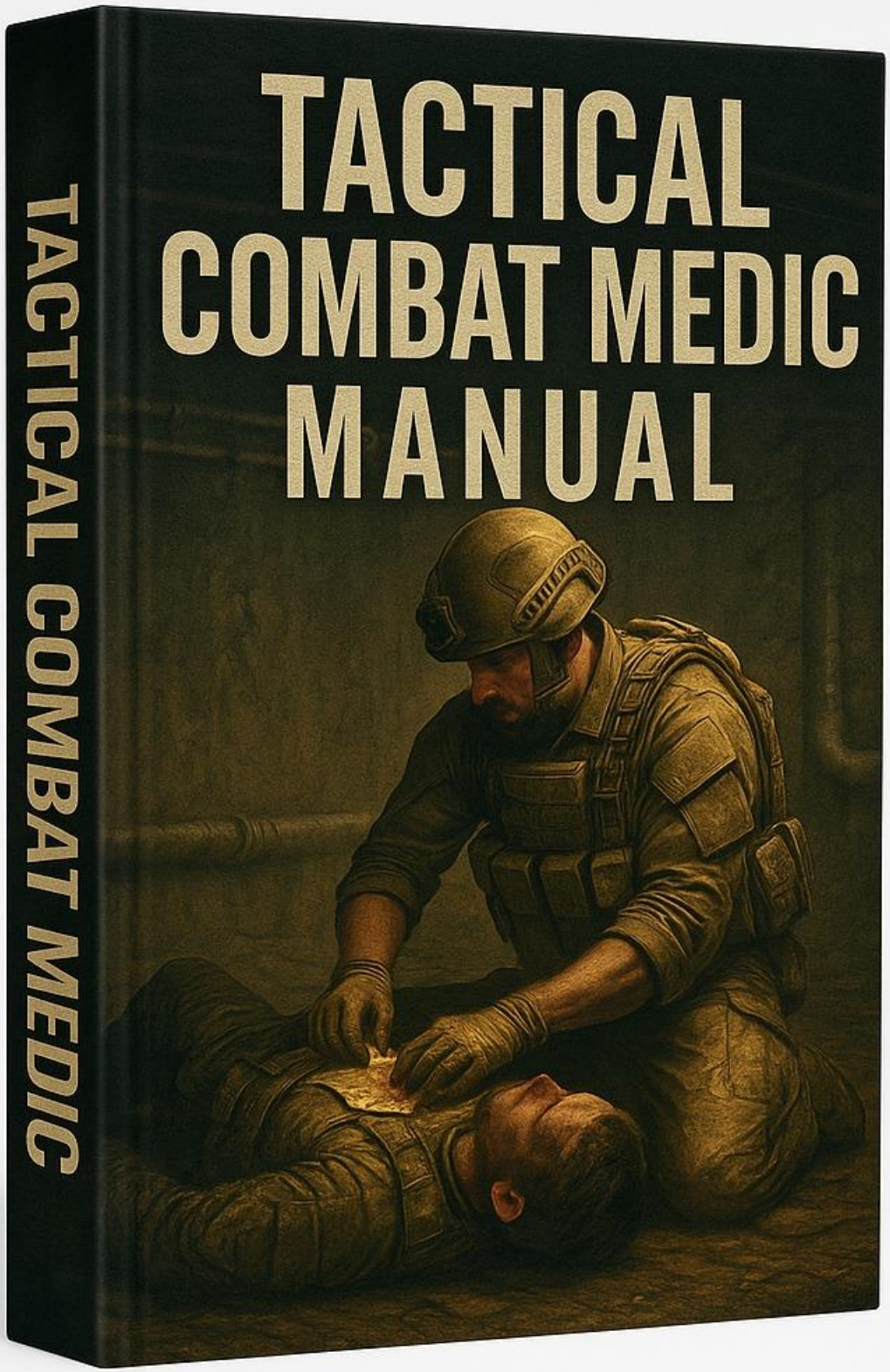
TACTICAL COMBAT MEDIC MANUAL
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Contents

..... 1

Introduction: The Role of a Tactical Combat Medic 5

Why This Manual Exists 5

The Reality of Tactical Medicine 6

Your Mission as a Combat Medic 7

Chapter 1: The Combat Mindset and Medic's Mission 8

1.1 The Warrior-Healer Balance 8

1.2 Staying Calm Under Fire 9

1.3 Mission First, Medicine Second 9

1.4 The "MARCH" Framework 10

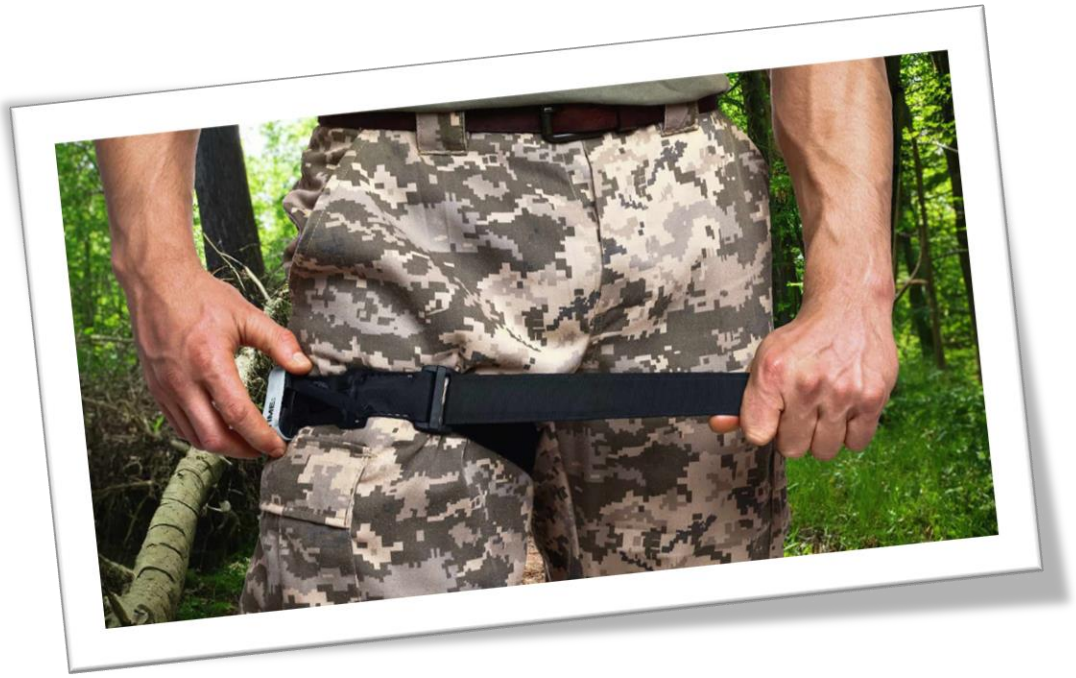
1.5 Case Study: The Calm Medic 10

1.6 Chapter Checklist 10

Chapter 2: Trauma Assessment Under Fire 12

2.1 The Difference Between Civilian and Combat Assessment 12

2.2 Care Under Fire Priorities 12



..... 13

2.3 The MARCH Protocol in Assessment 13

2.4 Rapid Trauma Sweep 13

2.5 Tools of the Assessment 14
2.6 Communication During Assessment 14
2.7 Case Study: Seconds to Live 15
2.8 Chapter Checklist 15
Chapter 3: Stopping Bleeding and Managing Shock 16
3.1 Understanding Hemorrhage 16
3.2 Tourniquets: First Line of Defense 16
3.3 Pressure Dressings and Hemostatic Agents 17
3.4 Controlling Internal Bleeding 17
3.5 Recognizing and Treating Shock 17
3.6 Case Study: Tourniquet Saves a Life 18
3.7 Chapter Checklist 18
Chapter 4: Airway, Breathing, and Chest Injuries 20
4.1 Airway Basics Under Fire 20
4.2 Opening and Maintaining an Airway 20
4.3 Breathing and Respiration 21
4.4 Chest Injuries: Sucking Chest Wounds 21
4.5 Tension Pneumothorax 22
4.6 Case Study: The Improvised Seal 22
4.7 Chapter Checklist 22
Chapter 5: Fractures, Burns, and Battlefield Wounds 24
5.1 Fractures (Broken Bones) 24
Recognizing Fractures: 24
Treatment: 24
5.2 Open Fractures 25
5.3 Burns 25
Types of Burns: 25
Treatment: 25
5.4 Battlefield Wounds (Lacerations and Soft Tissue Injuries) 26
Treatment Principles: 26
5.5 Preventing Infection 26

5.6 Pain Management 26
5.7 Case Study: The Improvised Splint 27
5.8 Chapter Checklist 27
Chapter 6: Improvised Tools and Field Medicine 28
6.1 The Improviser's Mindset 28
6.2 Improvised Tourniquets 28
6.3 Improvised Splints and Stretchers 29
6.4 Improvised Airway and Breathing Tools 29
6.5 Improvised Bandages and Dressings 29
6.6 Improvised IV and Hydration Aids 29
6.7 Improvised Fire and Sterilization 30
6.8 Case Study: The Poncho Stretcher 30
6.9 Chapter Checklist 30
Chapter 7: Evacuation, Long-Term Care, and Survival Medicine 32
7.1 Principles of Evacuation 32
7.2 Methods of Casualty Movement 32
7.3 Prolonged Field Care 33
7.4 Infection and Disease Control 33
7.5 Mental Health in Long-Term Care 33
7.6 Survival Medicine Beyond the Battlefield 34
7.7 Case Study: The Jungle Medic 34
7.8 Chapter Checklist 34
Conclusion: From Responder to Lifesaver 36
The Weight of Responsibility 36
More Than Medicine 36
Building a Legacy of Readiness 37
Final Words 37

Introduction: The Role of a Tactical Combat Medic

In the chaos of battle, when smoke fills the air and the sound of gunfire drowns out reason, there is one figure who stands between life and death: the combat medic. Armed not just with weapons but with knowledge, skill, and courage, the medic is the one who kneels when others fall, who stabilizes when others panic, and who brings order to the most chaotic of moments.

The **tactical combat medic** is different from a civilian first responder. Paramedics in cities have ambulances, hospitals, and supplies minutes away. You may have none of these. Your "hospital" is the dirt beneath your knees. Your equipment is whatever you carry on your back. Your timeline is seconds.

And yet, despite these impossible odds, combat medics save lives every single day.

Why This Manual Exists

This manual is not about theory. It is about **real-world survival medicine under fire**. Every technique, every checklist, and every principle inside has been drawn from the fields of combat, disaster zones, and austere environments where medics had to adapt or watch their brothers and sisters die.

It is designed for those who may find themselves cut off from hospitals and support — whether on the battlefield, during civil unrest, or in survival scenarios where medical help is hours or days away.

Inside, you will learn:

- How to keep your head clear when everyone else is panicking.
- How to **assess and prioritize injuries under fire**.
- How to stop bleeding, open airways, and stabilize chest wounds.
- How to improvise when medical supplies run out.
- How to move casualties safely, even under fire.
- And how to care for the injured not just in the first minutes, but over hours and days.

The Reality of Tactical Medicine

A combat medic's world is brutal. You will not save everyone. Some wounds are beyond repair. But your mission is simple: **give every casualty the best possible chance of survival.**

This requires discipline, calm, and the ability to follow proven frameworks even when adrenaline clouds judgment. It requires improvisation when tools are

missing, and decisiveness when hesitation could kill. Above all, it requires the mindset of a protector — one who refuses to give up, even in the darkest moments.

Your Mission as a Combat Medic

The role of the tactical combat medic is not limited to the battlefield. In a world where crises can appear anywhere — from terrorist attacks to natural disasters — these skills are increasingly vital for civilians as well. Whether you are a soldier, a first responder, or a prepared citizen, the principles inside this manual will equip you to become the one person others can rely on when everything else fails.

This is not about fear. It is about readiness. It is about courage. And it is about transforming knowledge into action, so that when the call comes, you do not hesitate — you respond.

Because in the end, when chaos reigns, there are only two kinds of people: those who wait for help, and those who *become* the help. This manual is for the latter.

Chapter 1: The Combat Mindset and Medic's Mission

On the battlefield, seconds decide who lives and who dies. A tactical combat medic is not only a healer — he is a stabilizer, a leader, and often the last line between survival and tragedy. More than medical tools, more than advanced training, what separates success from failure is **mindset**.

The combat medic's mission is twofold:

1. **Preserve life in chaos.**
2. **Keep the team mission-capable.**

It sounds simple, but in reality it requires calm under fire, discipline when others panic, and the ability to see through noise, blood, and confusion to find the critical action that must happen **now**.

1.1 The Warrior-Healer Balance

A tactical combat medic carries two roles at once: protector and lifesaver. Unlike a civilian paramedic, you may be working under fire, with limited resources, and in hostile environments.

- **As a warrior**, you must remain aware of your surroundings, secure your own safety, and ensure you are not another casualty.

- **As a healer**, you must recognize injuries fast, treat what can be treated, and move the casualty (and yourself) to safety.

This balance is difficult — but essential. A medic who forgets the warrior role dies with his patient. A

medic who forgets the healer role loses the very reason he is there.

1.2 Staying Calm Under Fire

Fear is natural. Panic is fatal. The combat medic must be the calmest person in the fight. Soldiers will look to you not just for treatment, but for **reassurance**.

Practical techniques to control stress:

- **Breathing discipline:** Slow, deep breaths reset your focus.
- **Checklists and habits:** Automatic actions reduce hesitation.
- **Verbal focus:** Talk yourself and the casualty through each step. ("I've got you. Bleeding controlled. Stay with me.")

When others panic, your calm becomes their anchor.

1.3 Mission First, Medicine Second

It may sound harsh, but in combat, medicine is always secondary to the mission. If your unit fails the mission, everyone is endangered.

This means:

- Do not treat where you will be overrun.
- Do not risk multiple lives to save one.
- Move the casualty to cover before applying major interventions.

Remember the combat medic's creed: **"Care under fire is limited."** Your first job is to win the fight.

1.4 The "MARCH" Framework

The mindset of a combat medic is built around priorities. The most common military framework is **MARCH**:

- **M – Massive Bleeding** (stop the bleed first).
- **A – Airway** (ensure casualty can breathe).
- **R – Respiration** (treat chest wounds, restore breathing).
- **C – Circulation** (check for shock, maintain blood flow).
- **H – Head & Hypothermia** (protect brain, prevent heat loss).

Knowing MARCH inside and out allows you to work methodically even under chaos.

1.5 Case Study: The Calm Medic

In Afghanistan, a patrol was ambushed. One soldier took shrapnel to the leg and began to panic, screaming he was going to die. Under fire, the medic crawled to him, applied a tourniquet, and spoke calmly: "Bleeding's stopped. You're not dying today." His calm focus not only saved the soldier but steadied the rest of the team, who were moments away from panic. The medic's mindset became their lifeline.

1.6 Chapter Checklist

Before moving to the technical skills, ensure you:

- ☐ Understand the dual role: warrior and healer.
- ☐ Can control your stress response under fire.

- ☐ Prioritize mission success alongside casualty care.
- ☐ Know the **MARCH** framework by heart.
- ☐ Recognize that your calm mindset is as vital as any medical tool.

The combat medic's mission begins in the mind. The tools and techniques will follow, but without discipline, clarity, and calm, they mean nothing.

Chapter 2: Trauma Assessment Under Fire

The first moments after an injury are the most critical. In combat, you may have only seconds to decide whether someone lives or dies. Unlike civilian medicine, where assessments can be thorough and deliberate, the tactical combat medic works under fire, in the dirt, and often while bullets are still flying. Your assessment must be **fast, focused, and effective.**

2.1 The Difference Between Civilian and Combat Assessment

- **Civilian first responders** rely on ABCs (Airway, Breathing, Circulation) in safe conditions.
- **Combat medics** use the principle of **Care Under Fire** — your first duty is to return fire, secure cover, and only then treat life-threatening injuries.

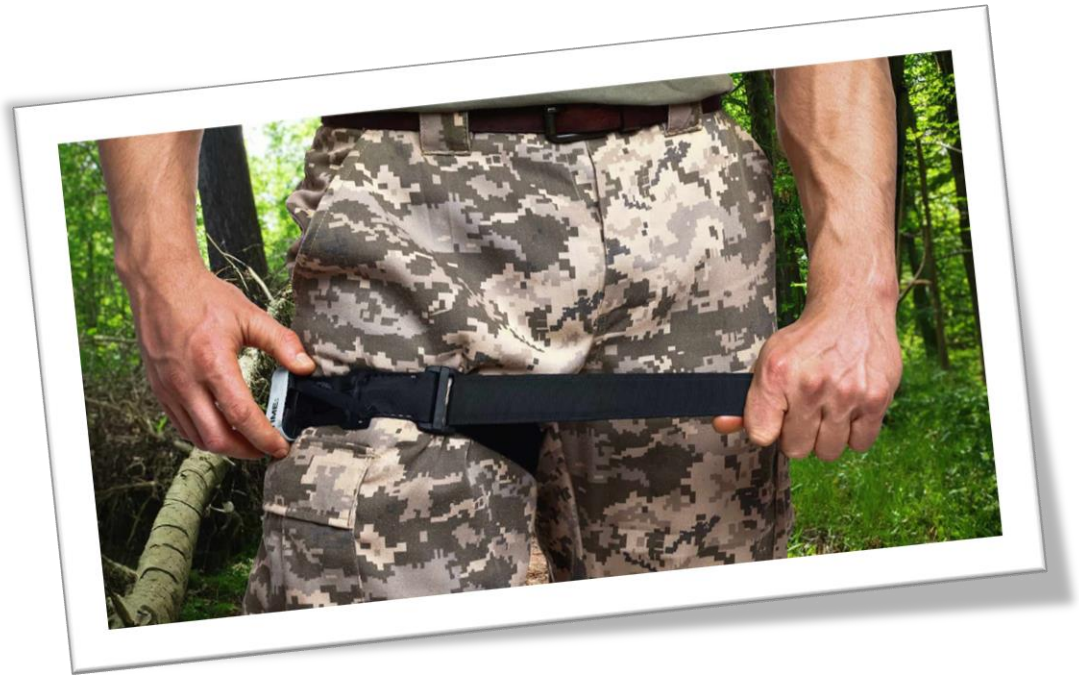
In short: **Don't die trying to save someone else.** Your survival ensures their survival.

2.2 Care Under Fire Priorities

In the chaos of combat, assessment is stripped to its essentials:

1. **Suppress the threat.** No treatment happens until you are out of the immediate kill zone.
2. **Direct the casualty to self-aid.** If they are conscious, instruct them to apply their own tourniquet or take cover.

3. **Stop massive bleeding.** If blood is pumping, that is your first and only priority until the threat is neutralized.



2.3 The MARCH Protocol in Assessment

As introduced in Chapter 1, the **MARCH framework** is the combat medic's backbone. It guides assessment step by step, ensuring no critical injury is missed:

- **M – Massive Bleeding** → Stop external hemorrhage immediately.
- **A – Airway** → Ensure the casualty can breathe.
- **R – Respiration** → Treat sucking chest wounds, restore lung function.
- **C – Circulation** → Prevent and treat shock.
- **H – Head & Hypothermia** → Protect brain function and prevent heat loss.

2.4 Rapid Trauma Sweep

Once you and the casualty are in cover, perform a **trauma sweep**:

- Run your hands quickly along the body to feel for blood, holes, or deformities.
- Check under arms, between legs, and along the back — wounds often hide.
- Prioritize **massive bleeding** before anything else.

Speed is key — the sweep should take less than 30 seconds.

2.5 Tools of the Assessment

Every combat medic should carry:

- **Tourniquets** (CAT or SOFT-T) – Always accessible with one hand.
- **Pressure dressings** – Israeli bandage or equivalent.
- **Hemostatic agents** – Combat gauze to stop severe bleeding.
- **Gloves** – Protect both you and the casualty.

But never forget: **your hands and eyes are the primary tools.**

2.6 Communication During Assessment

Clear, calm communication saves lives:

- Talk to the casualty: “Where are you hit? Can you breathe? Can you move your feet?”
- Talk to your team: Call out the casualty’s condition, so everyone knows the situation.
- Keep orders simple and loud: “Tourniquet now! Move him behind cover!”

Your voice provides focus in chaos.

2.7 Case Study: Seconds to Live

During an ambush in Iraq, a soldier took a gunshot to the femoral artery. Blood loss was catastrophic. The medic sprinted under fire, applied a tourniquet in less than 15 seconds, and saved the soldier's life. The key was not advanced equipment or hospital care — it was rapid assessment, fast action, and adherence to protocol.

2.8 Chapter Checklist

Before moving forward, ensure you can:

- ☐ Perform a **rapid trauma sweep** under pressure.
- ☐ Apply the **MARCH framework** instinctively.
- ☐ Stop massive bleeding within **seconds**.
- ☐ Direct conscious casualties to self-aid.
- ☐ Maintain communication with both casualty and team.

Assessment under fire is not about perfection. It is about doing the right thing in the right order, as fast as humanly possible. With practice, it becomes instinct — and instinct saves lives.

Chapter 3: Stopping Bleeding and Managing Shock

The number one preventable cause of death on the battlefield is **uncontrolled bleeding**. Massive hemorrhage can kill in under two minutes. For this reason, stopping the bleed takes absolute priority — even before airway and breathing in combat situations. Alongside bleeding comes **shock**, a silent killer that claims lives even after bleeding is controlled. As a combat medic, your ability to manage both will decide whether a casualty survives the next hour.

3.1 Understanding Hemorrhage

Not all bleeding is the same.

- **Arterial bleeding:** Bright red, spurting blood. Fatal within minutes if untreated.
- **Venous bleeding:** Dark red, steady flow. Dangerous but slower.
- **Capillary bleeding:** Oozing, less critical, can usually be managed with dressings.

Golden Rule: If blood is pooling or spraying, you act immediately.

3.2 Tourniquets: First Line of Defense

Tourniquets have saved thousands of lives in modern combat. They are fast, effective, and simple when used correctly.

Key principles:

- Apply high and tight (as close to the torso as possible, above the wound).
- Cinch until bleeding stops — pain is expected.
- Write the application time on the casualty (forehead, tape, or clothing).
- Never remove in the field unless directed by higher medical care.

Always carry **multiple tourniquets**, and place them where you can reach with either hand.

3.3 Pressure Dressings and Hemostatic Agents

Not all wounds are suitable for tourniquets — especially in the torso, neck, or groin. In these cases:

- **Pressure dressings:** Apply firm, direct pressure with bandages like the Israeli dressing.
- **Hemostatic gauze:** Packed directly into the wound cavity to promote rapid clotting. Hold pressure for at least 3 minutes.
- **Improvised methods:** If supplies run out, use clean cloth and constant manual pressure.

3.4 Controlling Internal Bleeding

Internal bleeding is harder to detect but just as deadly. Signs include:

- Swelling or hardness in the abdomen.
- Pale, clammy skin.
- Rapid, weak pulse.
- Confusion or unconsciousness.

Field treatment is limited — focus on rapid evacuation and treating for shock.

3.5 Recognizing and Treating Shock

Shock occurs when blood flow is inadequate to sustain life. Even if bleeding is stopped, shock can kill.

Signs of shock:

- Pale, cool, sweaty skin.
- Rapid breathing and pulse.
- Confusion, anxiety, or loss of consciousness.
- Weakness or inability to move.

Treatment:

- Stop all bleeding first.
- Lay the casualty flat, elevate legs if possible.
- Keep them warm — use blankets, ponchos, or body heat.
- Reassure constantly — panic worsens shock.
- Prepare for rapid evacuation.

3.6 Case Study: Tourniquet Saves a Life

During a firefight in Syria, a soldier was hit in the arm by shrapnel. Arterial blood sprayed, and the medic applied a tourniquet within 25 seconds. The soldier later said he passed out within a minute — but survived. Without that immediate intervention, he would have been dead before evacuation. The tourniquet was the difference.

3.7 Chapter Checklist

Before moving forward, ensure you can:

- ☐ Recognize the difference between arterial, venous, and capillary bleeding.
- ☐ Apply a tourniquet correctly in under 30 seconds.
- ☐ Use pressure dressings and hemostatic agents effectively.
- ☐ Identify signs of internal bleeding and treat for evacuation.
- ☐ Recognize and manage shock before it becomes fatal.

Stopping the bleed is your first and greatest responsibility. Master tourniquets, pressure dressings, and shock management — and you will already possess the most life-saving skill set on the battlefield.

Chapter 4: Airway, Breathing, and Chest Injuries

Once massive bleeding is controlled, your next priority is the airway and the ability to breathe. A casualty can bleed out in minutes, but without oxygen, death follows just as quickly. On the battlefield, airway obstruction and chest trauma are among the leading causes of preventable death. As a combat medic, your job is to keep oxygen flowing — whether by clearing an airway, sealing a chest wound, or stabilizing a collapsed lung.

4.1 Airway Basics Under Fire

The airway is the path air takes from the mouth and nose into the lungs. If that pathway is blocked, oxygen cannot reach the body.

Common causes of airway compromise:

- Unconsciousness (tongue blocking airway).
- Facial trauma or bleeding.
- Swelling from burns or chemical exposure.

Signs of a blocked airway:

- Gurgling, gasping, or silence when trying to breathe.
- Blue or ashen lips and skin.
- Casualty struggling or unable to speak.

4.2 Opening and Maintaining an Airway

Simple, lifesaving techniques:

- **Head-tilt, chin-lift:** For unconscious but not trauma patients.
- **Jaw thrust maneuver:** For suspected spinal injuries.

- **Recovery position:** Roll casualty onto their side to prevent choking on blood or vomit.

If available, use **nasopharyngeal airways (NPAs):**

- Soft rubber tubes inserted through the nose to keep the airway open.
- Must be lubricated before insertion.
- Do not use if severe facial trauma is present.

4.3 Breathing and Respiration

Even with an open airway, breathing can fail due to chest trauma. Bullets, shrapnel, or blunt force can puncture or collapse lungs.

Signs of compromised breathing:

- Rapid, shallow breaths.
- Unequal chest rise and fall.
- Sucking or bubbling sound from chest wounds.
- Severe shortness of breath or cyanosis (blue skin).

4.4 Chest Injuries: Sucking Chest Wounds

A penetrating wound to the chest can create a “sucking chest wound,” where air enters the chest cavity but cannot escape. This collapses the lung and can quickly lead to death.

Treatment:

- Immediately apply an **occlusive dressing** (chest seal). Commercial chest seals like HyFin or Halo are best.
- If not available, improvise with plastic wrap, foil, or even a credit card taped on three sides.
- Monitor for worsening breathing — if tension pneumothorax develops, further intervention is required.

4.5 Tension Pneumothorax

One of the most lethal battlefield injuries. Occurs when air builds up inside the chest cavity, crushing the lung and shifting the heart.

Signs:

- Severe shortness of breath.
- Distended neck veins.
- Trachea pushed to the side (late sign).
- Casualty rapidly deteriorating.

Treatment (advanced):

- **Needle decompression** — inserting a large needle into the chest to release trapped air.
- Requires training, sterile equipment, and precision. Improper use can kill, but done correctly it saves lives instantly.

4.6 Case Study: The Improvised Seal

In Afghanistan, a soldier was shot in the chest. The medic had no commercial seal left. He tore plastic from an MRE wrapper, taped it over the wound on three sides, and kept pressure until evacuation. The soldier survived. The lesson: **resourcefulness can save lives when gear runs out.**

4.7 Chapter Checklist

Before moving forward, ensure you can:

- ☐ Identify signs of airway obstruction.
- ☐ Perform head-tilt, chin-lift, and jaw thrust techniques.
- ☐ Insert and maintain a nasopharyngeal airway (NPA).

- ☐ Recognize and treat sucking chest wounds with an occlusive dressing.
- ☐ Understand the basics of tension pneumothorax and needle decompression.

Air is life. Mastering airway management and chest injury response is one of the most critical skills a combat medic can possess. These are not complex hospital procedures — they are battlefield essentials that keep oxygen flowing when seconds decide the outcome.

Chapter 5: Fractures, Burns, and Battlefield Wounds

Not every battlefield injury is instantly fatal. Many casualties survive the first minutes but face injuries that can cripple them if untreated — broken bones, severe burns, and deep lacerations. These wounds may not demand the same immediate response as hemorrhage or airway compromise, but they can still mean the difference between recovery and death if ignored. As a combat medic, you must stabilize these injuries in a way that keeps the casualty functional until evacuation or long-term care.

5.1 Fractures (Broken Bones)

Recognizing Fractures:

- Pain and swelling at the site.
- Visible deformity or unnatural angle.
- Inability to bear weight or move the limb.
- Crepitus (grinding sound when bone ends rub together).

Treatment:

- **Immobilize:** Use a splint (commercial or improvised with sticks, rifles, boards).
- **Above and below:** Always immobilize the joint above and below the fracture.
- **Padding:** Prevent rubbing and pressure sores.
- **Do not attempt to "reset" bones** in the field unless trained and absolutely necessary.

Improvised splints: Tree branches, rifle stocks, tent poles, or even cardboard — combined with cloth or belts.

5.2 Open Fractures

When bone protrudes through the skin, infection becomes a major risk.

- Control bleeding with dressings.
- Cover exposed bone with sterile gauze if available.
- Do not push bone back inside.
- Immobilize as with a closed fracture.

5.3 Burns

Burns are common in combat from explosions, fire, and chemicals. They are painful, prone to infection, and can quickly cause shock.

Types of Burns:

- **First degree:** Red, painful skin.
- **Second degree:** Blisters, swelling, intense pain.
- **Third degree:** Charred or white skin, nerve damage, less pain due to destroyed tissue.

Treatment:

- **Cool the burn** with clean water (not ice).
- **Cover with sterile, non-stick dressing.**
- **Do not pop blisters.**
- **Avoid grease or ointments** in the field — they trap heat and contaminants.

For chemical burns:

- Remove contaminated clothing.
- Flush with large amounts of water immediately.

5.4 Battlefield Wounds (Lacerations and Soft Tissue Injuries)

Explosions and shrapnel cause devastating wounds.

Treatment Principles:

- **Control bleeding** first.
- **Clean the wound** with sterile water or saline if possible.
- **Dress the wound** with gauze and secure it with bandages.
- **Pack deep wounds** with hemostatic gauze if bleeding continues.
- **Prevent infection:** Antibiotics if available, otherwise frequent cleaning and dressing changes.

5.5 Preventing Infection

Even minor wounds can kill if infection sets in. Signs include:

- Redness, swelling, pus, heat at the wound site.
- Fever, chills, or worsening pain.

Field care:

- Keep wounds clean and dry.
- Change dressings daily.
- Use alcohol wipes, iodine, or even boiled water to disinfect.

5.6 Pain Management

Pain does more than hurt — it raises stress, increases shock, and weakens morale.

- **OTC medications:** Ibuprofen, acetaminophen, aspirin.
- **Field options:** Cold packs, splinting, immobilization.
- **Mental tools:** Calm reassurance, breathing techniques, distraction.

5.7 Case Study: The Improvised Splint

In rural Iraq, a soldier fell and broke his leg during a night raid. With no commercial splints, the medic lashed two rifles to the limb, padded with clothing, and secured with belts. The soldier was carried to safety and later made a full recovery. The improvised solution made the difference.

5.8 Chapter Checklist

Before moving on, ensure you can:

- ☐ Recognize and stabilize fractures.
- ☐ Apply improvised splints effectively.
- ☐ Treat burns with cooling and sterile dressings.
- ☐ Clean, dress, and pack battlefield wounds.
- ☐ Recognize infection early and take action.
- ☐ Manage pain to maintain casualty morale and function.

Not all wounds kill instantly, but neglected wounds kill slowly. As a combat medic, your duty is to keep small injuries from becoming fatal ones. Stabilization, cleanliness, and vigilance are your weapons against infection, pain, and disability.

Chapter 6: Improvised Tools and Field Medicine

On the battlefield or in survival scenarios, you will never have all the equipment you want. Supplies run out, gear gets lost, and resupply may never come. A true combat medic is defined not only by what is in his kit, but by his ability to improvise. This chapter covers how to create lifesaving solutions from whatever is at hand — because when you cannot order new supplies, **you become the supply.**

6.1 The Improviser's Mindset

Improvisation begins with mindset. You must learn to see beyond the intended use of an item.

- A rifle sling becomes a tourniquet.
- A water bottle becomes an IV stand.
- A tarp becomes a stretcher.

Golden Rule: Don't think of objects for what they are — think of them for what they can do.

6.2 Improvised Tourniquets

Commercial tourniquets save lives, but in their absence:

- **Belts:** Wide leather or nylon belts can be cinched above wounds.
- **Cloth and sticks:** A strip of cloth (torn shirt) plus a stick creates a windlass tourniquet.
- **Caveats:** Avoid cords, wires, or very thin material — they cut into skin and cause damage.

6.3 Improvised Splints and Stretchers

Broken bones and casualty movement require stabilization.

- **Splints:** Use rifles, boards, branches, or even rolled magazines. Secure with duct tape, cloth, or belts.
- **Stretchers:** Two poles and a jacket, tarp, or blanket can create a makeshift litter.
- **Drag methods:** In emergencies, drag casualties with a poncho, rope, or by their gear harness.

6.4 Improvised Airway and Breathing Tools

When no NPAs or chest seals are available:

- **Airway:** A bent plastic straw or tubing can function as an airway adjunct.
- **Chest seals:** Use plastic wrap, ID cards, or aluminum foil, taped on three sides.
- **Manual suction:** A syringe or bulb can be improvised from tubing and containers.

6.5 Improvised Bandages and Dressings

- **Clothing:** T-shirts, socks, and bandanas can serve as bandages if clean.
- **Sanitary pads/tampons:** Extremely absorbent, useful for packing wounds.
- **Plastic bags:** Keep wounds dry in wet environments.

Always sterilize if possible: boil cloth, rinse with iodine, or flame-sterilize metal tools.

6.6 Improvised IV and Hydration Aids

- **Water bottles:** Hung upside down with tubing can simulate an IV drip.

- **Coconut water:** Has been used as emergency IV fluid in dire conditions (not ideal, but possible).
- **Oral rehydration:** Salt + sugar + clean water = lifesaving rehydration solution.

6.7 Improvised Fire and Sterilization

Infection kills more than bullets in long-term survival.

- **Sterilize tools** by boiling in water for 10 minutes.
- **Flame-sterilize** knives or needles if boiling isn't possible.
- **Saltwater rinses** can reduce bacterial load in wounds.
- **Honey or sugar packs** (natural antibacterial agents) can be applied to wounds if nothing else is available.

6.8 Case Study: The Poncho Stretcher

In Africa, a patrol medic faced multiple casualties with no stretchers available. Using ponchos, rifles, and rope, he built three improvised litters in under ten minutes. All casualties were moved to safety. Improvisation didn't just save lives — it kept the entire team mobile.

6.9 Chapter Checklist

Before moving forward, ensure you can:

- ☐ Improvise tourniquets, splints, and stretchers from common items.
- ☐ Create chest seals and airway aids when medical gear is absent.
- ☐ Sterilize tools and bandages with fire, boiling, or natural agents.
- ☐ Prepare oral rehydration solutions and field-expedient IV systems.
- ☐ Think beyond an item's intended purpose.

Improvisation is not a fallback — it is a core skill. In real combat, perfect conditions rarely exist. Your creativity may be the most valuable tool in your kit.

Chapter 7: Evacuation, Long-Term Care, and Survival Medicine

Stopping bleeding and stabilizing a casualty is only half the battle. The next challenge is **keeping them alive until evacuation or recovery**. In combat, evacuation may be delayed for hours or even days. In survival scenarios, help may never come. As a combat medic, you must know how to move casualties, provide extended care, and adapt to long-term survival medicine.

7.1 Principles of Evacuation

Evacuation (or **CASEVAC** in military terms) is the process of moving the casualty from the danger zone to definitive care.

Golden Rules:

- Move only when necessary. Treat life-threatening issues first.
- Always consider cover and concealment when choosing routes.
- Use the lightest, safest method — dragging, carrying, or improvised stretchers.

7.2 Methods of Casualty Movement

- **Fireman's carry:** Classic but tiring. Best for short distances.
- **Pack strap carry:** Casualty's arms over your shoulders, easier for medium distances.
- **Two-person carry:** Each rescuer under one arm, distributes weight.
- **Improvised stretchers:** Ponchos, tarps, or jackets between poles.

Pro tip: If alone and under fire, dragging with a poncho or by the gear harness is often the fastest and safest.

7.3 Prolonged Field Care

Sometimes, evacuation is not possible. This is where **prolonged field care** begins.

Priorities:

- Maintain airway and breathing.
- Prevent shock with fluids, warmth, and reassurance.
- Clean and dress wounds daily.
- Monitor vital signs if possible (pulse, breathing, temperature).
- Keep the casualty hydrated and fed.

Even small injuries can become fatal without long-term care.

7.4 Infection and Disease Control

The longer a casualty stays in the field, the higher the risk of infection.

- Clean wounds frequently, even with improvised solutions.
- Change dressings at least once per day.
- Use natural antiseptics if supplies are gone (honey, saltwater, iodine if available).
- Isolate casualties showing signs of contagious disease.

7.5 Mental Health in Long-Term Care

Casualties are not just bodies to be maintained — they are human beings. Fear, despair, and hopelessness can kill morale and slow recovery.

- Talk to them. Keep them engaged.
- Give them tasks if possible. A sense of purpose aids healing.
- Maintain a calm and confident presence.

Your role is as much **psychological support** as it is physical care.

7.6 Survival Medicine Beyond the Battlefield

If evacuation never comes, the combat medic becomes the community's doctor.

Key skills:

- Treating minor infections and fevers.
- Managing chronic wounds.
- Delivering basic childbirth aid.
- Using plants, herbs, or local resources when modern supplies are exhausted.

This is where tactical medicine overlaps with **folk survival medicine** — knowledge passed down for centuries, now adapted to austere environments.

7.7 Case Study: The Jungle Medic

In Southeast Asia, a small unit was cut off for 10 days. The medic treated three wounded soldiers with only basic supplies. He built bamboo splints, boiled water for sterilization, used honey as wound dressing, and rotated watch shifts to ensure everyone rested. All three survived until extraction. Improvised care — combined with steady leadership — saved the mission.

7.8 Chapter Checklist

Before concluding, ensure you can:

- ☐ Perform safe casualty movement techniques.
- ☐ Provide prolonged field care with minimal resources.
- ☐ Prevent infection during extended survival.
- ☐ Support mental health and morale of casualties.

- ☐ Transition from combat medic to long-term survival provider if evacuation fails.

The battle does not end when the shooting stops. Evacuation, extended care, and survival medicine are the skills that bridge the gap between injury and recovery. Master them, and you transform from a battlefield responder into a long-term lifeline.

Conclusion: From Responder to Lifesaver

When chaos strikes, when blood is on the ground and fear grips every heart, there are only two types of people: those who wait for help, and those who *become* the help. By working through this manual, you have taken steps toward becoming the latter — the calm in the storm, the protector in the fight, the one who kneels when others fall.

The Weight of Responsibility

The role of a tactical combat medic is not easy. It carries enormous responsibility. You are not just treating wounds — you are protecting futures. Every life you stabilize is a son, daughter, parent, or friend who may see another sunrise because of your actions. That responsibility is heavy, but it is also a privilege few ever bear.

You will face moments of doubt. You will face situations where your supplies are gone, your strength is drained, and the odds are against you. But in those moments, remember: **you are the difference**. Even when you cannot save everyone, you can give them a fighting chance. That chance is everything.

More Than Medicine

Tactical medicine is not just about equipment or techniques. It is about mindset.

- The mindset to stay calm when panic spreads.
- The mindset to act decisively when hesitation could kill.
- The mindset to improvise when supplies are gone.
- The mindset to endure when others collapse.

The true weapon of the combat medic is not the tourniquet or the bandage. It is the ability to think clearly, act quickly, and never give up.

Building a Legacy of Readiness

Your training does not end with this manual. True mastery comes from repetition, drills, and continuous learning. Practice tourniquet applications until they are instinct. Rehearse trauma sweeps until your hands move without thought. Run scenarios with your team until everyone knows their role.

The more you prepare now, the more automatic your response will be when lives hang in the balance. And one day, when everything goes wrong, your preparation will become someone else's survival.

Final Words

You are no longer just a responder. You are a **lifesaver**.

Carry this manual not as a book of theory, but as a code of action. When the time comes, remember the frameworks, trust your instincts, and lead with courage.

Because in the end, survival does not belong to the strongest or the fastest. It belongs to those who are ready, those who act, and those who refuse to let fear decide their fate.

Be the one who was ready. Be the one who acted. Be the one who saved lives.