The following pages represent optional reference material that may be added at the back of a stack of forms in the ASRC Patient Record notebook. These pages could be printed on more durable waterproof plastic paper, rather than Rite-in-the-Rain paper. Unfortunately, plastic paper 2-part sets are not available.

**Sample History**

- Symptoms
- Allergies
- Meds
- Pertinent history
- Last ate/drank
- Events prior

**BCLS**

- Circulation
- Airway
- Breathing

**3 Hs**

- Hypothermic
- Hungry
- deHydrated

**AVPU Mental Status**

- Alert
- Verbal response
- Pain response
- Unresponsive

**Military MARCH 1° Survey**

- Massive hemorrhage
- Airway
- Respiration
- Circulation
- Head trauma/Hypothermia

**Signs of Trauma**

- Deformities
- Contusions
- Abrasions
- Punctures/ Penetrations
- Burns
- Tenderness
- Lacerations
- Swelling

**Peds ABC Triangle**

- Airway & Appearance
  - (Open/Clear – Muscle Tone /Body Position)
- Work of Breathing
  - (Visible movement/ Respiratory Effort)
- Circulation to Skin
  - (Color/Obvious Bleeding)

**SOAP note**

- Subjective
- Objective
- Assessment
- Plan

common first aid/EMS/medical mnemonics 0.3