

For use during real patient contacts in the field. An aide-memoire only — it does not replace clinical judgement, local protocols, or definitive documentation.

1INCIDENT & CASUALTY DETAILS

DATE

TIME OF INCIDENT

LOCATION / GRID REFERENCE

CASUALTY NAME

AGE / DOB

SEX

WEIGHT (KG, EST.)

FIRST AIDER / CLINICIAN ON SCENE

MECHANISM OF INJURY / PRESENTING COMPLAINT

Danger / Hazards?

Catastrophic Haemorrhage?

Controlled?

2PRIMARY SURVEY — <C>ABCDE

Response — AVPU

Notes:

Airway

Clear

Manoeuvre / Adjunct Used

Details:

Breathing

Rate

SpO₂ %

Work of Breathing

Chest exam:

Circulation

Pulse (rate)

BP

Cap refill (s)

Rhythm

Skin / bleeding:

Disability

GCS E

V

M

= /15

Pupils

BGL

Exposure / Environment

Temp °C

Injuries seen / environmental exposure:

3SERIAL OBSERVATIONS

Repeat every 5–15 minutes, or with any change in condition.

TIME	RR	SPO ₂ %	PULSE	BP	AVPU / GCS	TEMP °C	PAIN (0–10)

4BODY MAP

FRONT

BACK

LEGEND — MARK ON DIAGRAM

Fracture / deformity

Laceration / wound

Burn

Pain / tenderness

Swelling / bruising

5 HISTORY — AMPLE

A — ALLERGIES

M — MEDICATIONS

P — PAST MEDICAL HISTORY

L — LAST MEAL / ORAL INTAKE (TIME)

E — EVENTS LEADING TO INCIDENT

6 TREATMENT LOG

TIME	TREATMENT / DRUG — DOSE — ROUTE	GIVEN BY (INITIALS)

7 WORKING DIAGNOSIS / PROBLEM LIST

8 HANDOVER SUMMARY — MIST

Complete this box to read aloud, verbatim, at handover to the receiving team or retrieval service.

MIST HANDOVER

M MECHANISM

.....

I INJURIES /
ILLNESS

.....

S SIGNS

.....

T TREATMENT
GIVEN

.....

9 EVACUATION & DISPOSITION

MODE OF EVACUATION

DESTINATION / RECEIVING FACILITY

ETA

CONTACT / FREQUENCY USED

TIME OF HANDOVER

HANDOVER GIVEN TO (NAME / ROLE)

10 CLINICIAN SIGN-OFF

NAME

ROLE / REGISTRATION NO.

SIGNATURE

TIME COMPLETED

This card is an aide-memoire for field documentation and clinical handover. It does not replace clinical judgement, training, local protocols, or the definitive medical record. Retain a copy for the incident report; hand over the original (or a copy/photograph) with the casualty. Store any completed card securely — it contains personal health information.