



FRONTLINE MEDIC'S

NOTES FOR BRIDGE TRAININGS & BEGINNERS

SECURITY & SAFETY: Part 2

BUDDY UP! [ACCOUNTABLE COMPATIBLE ACTION BUDDY]

- Never run alone
- An Accountable Compatible Action Buddy is a partner you choose on the field who you are accountable to, but also are compatible with
- Establish an Accountable Compatible Action Buddy or A. C. A. B. before the action with P. E. A. R. L. Y.

Questions

- *P-Physical strengths & vulnerabilities?
- *E-Emotional strengths & vulnerabilities?
- *A-Arrestability or Assault risk?
- *R-Roles?
- *L-Level of training or Loose ends?
- *Y-Yes/No? Am I still comfortable showing up after asking PEARLY questions?

BUDDY UP!

[ACCOUNTABLE COMPATIBLE ACTION BUDDY]

- Should anything happen to you or them, before any action collect information for legal/jail support:
 - in case there are mass arrests
 - if you split up and you can no longer find your buddy(s)
 - have their contact info, State issued names and birthdate
 - on whether they want to be bailed out
 - on whether they want to be public or on social media regarding their incarceration
 - to keep car keys out of action, know where you're parked, establish car tow etc.
 - Whether they want work or immediate relatives to know of arrest (or if a cover story is needed for fundraising, bail, etc)
- partners in trust can reciprocate care for each other and those in need of medic support
- Know thy partners limits (ex. are they [un]documented? Experience chronic illness/pain? check in often, consider allergies or other medical needs or meds)

STAYING SAFE[R] & SENSIBLE IN ACTIONS

- The best time for heightened vigilance and critical/tactical awareness is during a riot, protest, direct action or march
- Be extra alert about your surroundings
- Be aware of others who might also be as alert as you
- Do not publicly snitch jacket or cop jacket suspected undercovers without substantial evidence, but trust in your comrades
- If it's a direct action you and a trusted group of people are planning DO NOT relinquish sensitive information to strangers or those you don't recognize at said action.
- Never compromise the action or safety of others as acting medic
- Layer & share information on a need to know basis by practicing good *Security Culture
 - Security Culture refers to the set of values and practices shared by everyone in an organization, collective or community that determine how people are expected to think about and approach security.
 - Continuing to practice a culture of risk assessment will help to establish safety from targeting, violence, repression, infiltration and even jail

- Watch for KKKOPS and undercovers
 - DO NOT TALK TO KKKOPS
 - unless you're the established Pig Whisperer(Police Liaison)
 - Make sure Pig Whisperers are not taking orders from police and feeding your team orders thru their hierarchy
 - Do not let police establish who's in charge within the action
 - Establish among your team who their police commander is, they will likely be giving orders and coordinating most of their movements
 - all info from police should be transparent and decisions should be made collectively with info communicated to the larger affinity
 - Keep in mind that police or fascists usually operate hierarchically, vertically or top-down(this is why they ask who's in charge)
 - Your advantage is always acting autonomously, collectively, decentralized and by affinity
 - If EMS is called consider their scene safety protocol which might include police

STAYING SAFE[R] & SENSIBLE IN ACTIONS

- Your role as active medic isn't to hold any lines or initiate moves necessarily, your role is assisting in medic care when injury occurs or to prevent injury for the sake of the greater action or protest
 - This could look like carrying extra snacks or water
 - providing PPE or hygiene products
 - Checking in on individual people or comrades
 - Hold space for individuals who might experience PTSD, psychosocial or other neurodiverse crises and stress related mental health episodes in the moment
 - This doesn't mean you shouldn't give a heads up if you see a police encirclement forming around your action team or protest, or when dangerous movements from the opps' side occurs
 - Other exceptions to this role are
 - When de-arrest is needed (DO NOT de-arrest in small scale / light attended actions with overwhelming or surrounding police presence)
 - Tactical retreat
 - When direct attacks are not the police

TO MASK UP? OR NAH?

- If a riskier protest/direct action/ demo masking up is often even needed for medics to prevent doxing, targeting, COVID or future criminalization
- establish the names you'll be using at actions or protests(if it's not your real or identifiable name you'll want to stick to a name to build trust with future patients)
 - Also dependent on the level of risk or injury quickly showing your face can also provide added trust and consent to treat your patient
- You can still act as an intentional street medic while protecting your identity from those who dox
- Again, collective anonymity can prevent you, your comrades and those you are trying to help or support from being targeted by the state and kkkop sympathizers

Define your Clinical Line

- Are you Frontline medics? Or Backline medics?
- Frontline medics typically carry bleeding control/wound care items, water and have smaller EDC(Every Day Carry) or IFAK(Individual First Aid Kits)
- Backline medics may carry more (can have bike trailers/carts to hold and move more supplies from larger Basic Medic Kit)
- Gauge what supplies you each can carry
- Have what is necessary for the environment you're in
- check dates on supplies, if expired save and use for future trainings

**THINKING OF ROLES
& SUPPLIES**

Basic Medic Kit

Frontline Medics

BASIC MEDIC KIT(*IFAK)

Personal Protective Equipment

- Nitrile latex-free exam gloves *
- CPR mask *
- N-95 mask
- N-99 respirator
- Goggles
- Tactical gloves
- Earplugs
- High visibility vest

Decontamination

- Irrigation Bottle
- Sterile saline
- Milk of magnesia
- Eyewash
- Sudecon
- Change of clothes

Medical

- Thermometer *
- Glucose gel or honey *
- Rehydrating salts *
- Epi-Pen *
- Narcan *
- Activated charcoal

Musculoskeletal

- Cold pack
- Triangular bandage
- Ace wrap

Hemorrhage

- Tourniquet *
- Hemostatic agents*
- Blast bandage
- Bolin chest seal
- Big cinch bandage

- Tactical burn dressing*
- Absorbent foam Dressing
- Modular bandage
- Compressed gauze *

Wound Care

- Unscented dye free mild liquid soap *
- Sterile saline
- 50 CC syringe*
- Tweezers *
- Betadine *
- Alcohol prep pads *
- Antibiotic salve/medihoney *
- Triple antibiotic ointment *
- Dry, uncured tobacco
- Sterile applicators *
- Tegaderm *
- Moleskin *
- Band-aids, assorted
- Gauze, assorted *
- Medical paper tape
- Self-adherent bandage*

Personal OTC / Comfort

- Hand sanitizer
- Tampons/Pads
- Emergency blankets
- Hand warmers
- Tissue
- Baby wipes
- Sunscreen
- Condoms
- Rescue remedy
- Cough drops

- Turmeric
- Antacid
- Antihistamine
- Burn gel analgesic *
- Ibuprofen *
- Acetaminophen
- Orajel
- Sting relief
- Vitamin C supplement

Other Gear

- First Aid field guide *
- Headlamp *
- Paracord *
- Black + silver permanent marker *
- Duct tape *
- Lighter *
- Waterproof matches
- Trauma shears
- Flashlight
- Water filtration tablets
- Drinking water
- Lightweight high energy food
- Personal medications
- Rain poncho
- Pen and notepad
- Bubbles

Items marked with an

* asterisk are recommended for an Every Day Carry (EDC) medic pack. These items are essentials that should be accessible at all times.

Underlined items have a high potential of causing more harm and should be used with extreme caution.

Optional: These items are useful only if the medic is trained in assessing vitals signs.

- Blood glucose monitor
- Stethoscope
- Blood pressure cuff