COMPANION GUIDE TO ONLINE TRAINING

Use alongside the online lessons at fortunefavorsthepreparated.com/med-04-landing/

MED-04
START Triage
STUDENT COMPANION GUIDE

Mass-Casualty Sorting for Community & MAG Response

A companion reference for the MED-04 START Triage online course.
6 lessons · condensed reference tables · blank scenario worksheets

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MED-04 — START Triage

Companion Guide to Online Training

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Support the development and availability of these courses by subscribing to my Patreon.
It is a companion to the MED-04 START Triage online course and is not a standalone training product — the knowledge checks, figures, and lesson gating all live in the online lessons.

ONLINE TRAINING ACCESS

Visit fortunefavorstheprepared.com and start from the MED-04 Course Map. Each lesson unlocks the next once its knowledge checks are complete.

INSTRUCTOR-LED GROUP TRAINING

MAG groups running this course together can use this guide's Part II worksheets for offline drilling between online sessions — print copies for every participant, since the fillable tables are meant to be written on.

How to Use This Companion Guide

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What this guide contains

Part I — Quick Reference: one condensed chapter per online lesson.
Part II — Worksheets: blank, fillable pages for offline practice.
Part III — Appendix: glossary, quick reference card, and doctrinal sources.

Required workflow

1. Complete the lesson online first — this guide assumes it.
2. Use Part I's reference tables during review or field drilling.
3. Use Part II's worksheets for offline practice with your MAG.
4. Return online for the next lesson's knowledge checks — they don't live in this guide.

This guide is not standalone. It has no knowledge checks, no answer keys, and no scenario solutions — those are only ever in the gated online lessons.

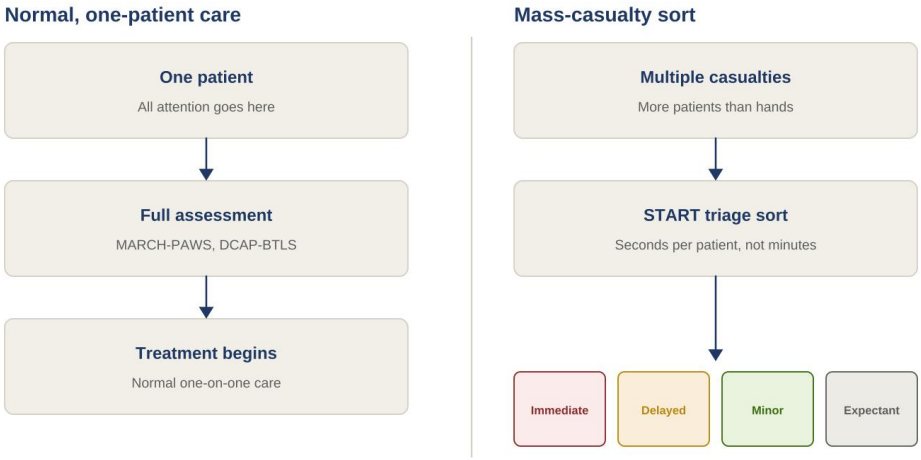
Guide Map — What to Reference When

WHEN YOU NEED…	TURN TO…
The RPM decision sequence	Part I, Lesson 02
The triage field kit contents	Part I, Lesson 02
The four tag categories	Part I, Lesson 03
Pediatric (JumpSTART) thresholds	Part I, Lesson 04
A blank scene-safety checklist to print	Part II, Worksheet 1
A blank casualty tracking log	Part II, Worksheet 2
A 20-patient practice deck (with facilitator key)	Separate download — Practicum Cards
A glossary term	Part III, Glossary
The doctrinal sources behind this course	Part III, Doctrinal Sources

PART I — QUICK REFERENCE

Lesson 01 — Why Triage?

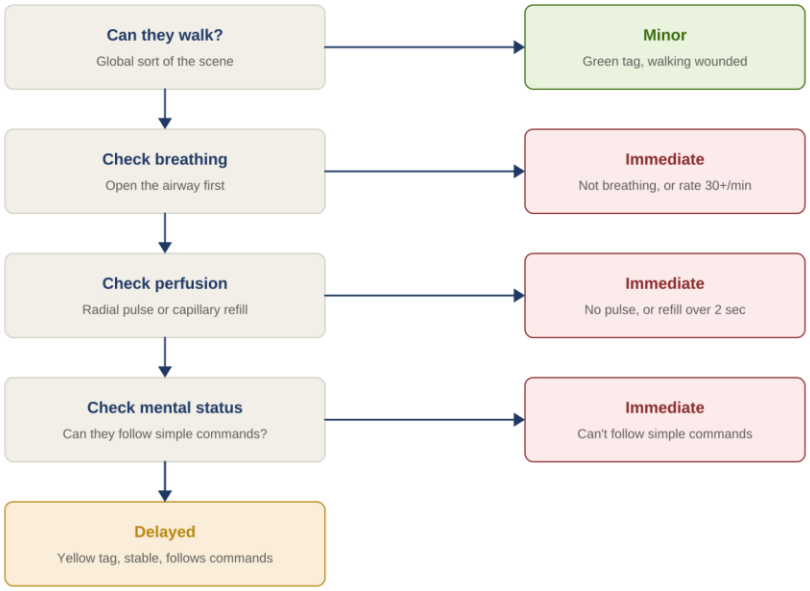
Reference for Lesson 01. Assumes this lesson has already been completed online.



SCENE-SAFETY CHECK	BEFORE TRIAGE STARTS
Hazards visible	Fuel, fire, unstable structure, downed lines, traffic
Threat status	Is whatever caused this over, ongoing, or unknown
Rough headcount	How many casualties, at a glance
Call for help now	First report out before hands-deep in triage

Lesson 02 — The START Algorithm

Reference for Lesson 02. Assumes this lesson has already been completed online.



SIGN CHECKED	SORT RESULT
Can't walk, not breathing after airway opened	Expectant (black)
Breathing, but respiratory rate 30/min or higher	Immediate (red)
No radial pulse, or capillary refill over 2 seconds	Immediate (red)
Can't follow simple commands	Immediate (red)
Breathing under 30, pulse present, follows commands	Delayed (yellow)
Can walk	Minor (green)

Permitted mid-sort actions only

ACTION	WHEN
Open the airway	Casualty is not breathing
Seal an open chest wound	Obvious sucking chest wound is visible
Control massive hemorrhage	Life-threatening external bleeding is visible

The impulse to treat

Finding a casualty who clearly needs help pulls hard toward doing more than the three actions above — running MED-01's full MARCH-PAWS sequence instead of sorting. That pull is the failure mode. MED-01 is where a tagged casualty goes next, never something to start mid-sort.

Triage field kit — deliberately minimal

ITEM	COVERS WHICH ACTION
Tourniquet	Control massive hemorrhage
NPA (only if trained to place one)	Open the airway
Chest seal	Seal an open chest wound
Trauma dressing	Control massive hemorrhage

Lesson 03 — The Four Triage Categories & Tagging

Reference for Lesson 03. Assumes this lesson has already been completed online.



CATEGORY	TAG	MEANING
Immediate	Red	Treated first — life-threatening, fixable now
Delayed	Yellow	Treated next — serious, can wait a short time
Minor	Green	Walking wounded — treated last, reassessed
Expectant	Black	Beyond what current resources can change

Tagging in the field

Rolls of surveyor's flagging tape (hardware or box store, cheap) in at minimum red and yellow cover the two categories a treatment team needs to find fastest. A strip tied around a limb is fast, visible at a distance, and weatherproof. Green and black extend the same system if on hand.

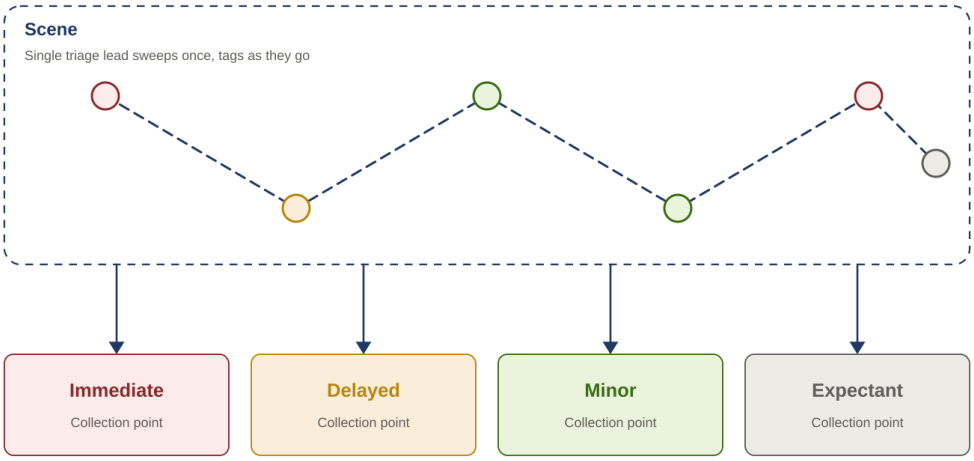
Lesson 04 — JumpSTART: Triage for Pediatric Patients

Reference for Lesson 04. Assumes this lesson has already been completed online.

SIGN	ADULT (START)	PEDIATRIC (JUMPSTART)
Not breathing	Open airway, reassess	Open airway; if still apneic, give 5 rescue breaths first
Respiratory rate	30/min or higher = Immediate	Under 15 or over 45/min = Immediate
Perfusion	Radial pulse or cap refill	Peripheral pulse present or absent
Mental status	Follows simple commands?	AVPU: appropriate response to pain/voice?

Lesson 05 — Running the Scene: Sequence, Speed & Team Coordination

Reference for Lesson 05. Assumes this lesson has already been completed online.



ROLE	JOB
Triage lead	The only person assigning tags — avoids conflicting sorts
Treatment teams	Work the collection points, by tag category
Runners / comms	Move information and resources between points

Lesson 06 — Scenario Practice & Final Skill Check

Reference for Lesson 06. Assumes this lesson has already been completed online.

No scenario answers appear in this guide. The timed practice scenarios and the final skill check are graded online, where the reveal-answer walkthroughs and feedback actually live.

WHAT'S TESTED
Applying the correct RPM or JumpSTART sequence under time pressure
Assigning the correct tag and justifying the call
Recalling MED-01's massive-hemorrhage step and MED-03's DCAP-BTLS cues
Recognizing when a casualty needs JumpSTART instead of adult thresholds

PART II — WORKSHEETS

Worksheet 1 — Scene-Safety Check

ITEM	OBSERVED	NOTES

Worksheet 2 — Casualty Tracking Log

#	TAG COLOR	R / P / M	NOTES

Worksheet 3 — After-Action Notes

WHAT WORKED	WHAT TO CHANGE

PART III — APPENDIX

Glossary

TERM	DEFINITION
START	Simple Triage And Rapid Treatment — the sorting method this course teaches
MCI	Mass-casualty incident — more casualties than trained hands can fully treat at once
RPM	Respiration, Perfusion, Mental status — the three signs checked in sequence
Perfusion	Blood reaching the extremities — checked by radial pulse or capillary refill
Capillary refill	Time for color to return to a nail bed after a brief squeeze
AVPU	Alert, Voice, Pain, Unresponsive — a quick mental-status scale used in JumpSTART
Expectant	The triage category for casualties current resources cannot help in time
Global sort	The first pass of triage: separating the walking wounded from everyone else

Quick Reference Card

CATEGORY	TAG	RPM RESULT
Immediate	Red	Fails any RPM check
Delayed	Yellow	Passes all RPM checks, can't walk
Minor	Green	Can walk
Expectant	Black	Not breathing after airway opened

Doctrinal Sources

SOURCE	PUBLISHER	RELEVANCE
CONTOMS Medic Handbook	CONTOMS Program	Casualty assessment sequencing behind the sort
DHS Austere Emergency Medical Support Field Guide	U.S. Department of Homeland Security	Evacuation and mass-casualty considerations
Tactical Trauma Assessment, Module 05	Course training module	Assessment sequencing under time pressure