

Basic Casualty Simulation Practice

Bruising

Make a bruise on the forearm or on the face.

What you will need:

- reference photos of bruises
- witch hazel and cotton pads
- bruise wheel (creme makeup)
- makeup sponge, triangular white
- makeup spatula, stainless steel
- makeup palette, flat white plastic
- neutral set powder
- muffin palette, white plastic
- powder brush (large, round soft bristles)
- fan brush (large, soft bristles)
- makeup remover

Procedure

1. Ask your client if they are allergic to any of the products you are using. If they are, stop and find someone else to work on.
2. Pick pieces out of your makeup sponge so the end is uneven without any square corners.
3. Decide how your finished bruise will look. Look at your reference photos. How was the bruise caused? Is it over a bony area? Is the bruise well-defined?
4. Gently clean the area with witch hazel and woven cotton cleaning pads. You just need to dampen the cleaning pads. Allow the area to dry thoroughly.
5. Using the makeup spatula, pick up small amounts of colour from the bruise wheel and transfer to your palette. Always work from your palette, never directly from the bruise wheel. Always clean your palette before working with another client.
6. Put a small amount of neutral set powder in one of the pans of the muffin palette. Work from the palette, never from the powder container.
7. With your makeup sponge, pick up and apply the lightest colour to the client. If you are working on the face be careful of the eyes. Pull the skin slightly with your fingers while applying the creme colour to smooth out any wrinkles. The makeup will accentuate wrinkles if you don't do this! Turn your sponge often so you get a realistic blended colour. Once you've finished with the lightest colour pick up a darker one. Keep working until you have a bruise that looks realistic. Stop.
8. Pick up neutral set powder with your powder brush. Lightly apply the powder by tapping the brush on the skin. Apply a slight excess of powder.
9. Remove the excess powder by lightly whisking it away with a fan brush.
10. Remove the makeup using appropriate makeup removers. Remember to check for any allergies to the makeup removers.

Superficial Burn (1st degree sunburn)

Simulate a sunburn on the upper arm/shoulder/upper back or on the face.

What you will need:

- reference photos of sunburns
- witch hazel and cotton pads
- burn wheel (creme makeup)
- makeup sponge, triangular white
- makeup spatula, stainless steel
- makeup palette, flat white plastic
- neutral set powder
- muffin palette, white plastic
- powder brush (large, round soft bristles)
- fan brush (large, soft bristles)
- makeup remover

Procedure

1. Ask your client if they are allergic to any of the products you are using. If they are, stop and find someone else.
2. Pick pieces out of your makeup sponge so the end is uneven without any square corners.
3. Decide how your finished sunburn will look. Look at your reference photos. Clothing will define the edges of the sunburn. Where the skin was protected, for example with sunglasses, there will be sharply defined edges. Where the sunlight wrapped around the body at an angle, the burn will not be as well-defined.
4. Gently clean the area with witch hazel and woven cotton cleaning pads. You just need to dampen the cleaning pads. Allow the area to dry thoroughly.
5. Using the makeup spatula, pick up small amounts of colour from the burn wheel and transfer to your palette. Always work from your palette, never directly from the burn wheel. Always clean your palette before working with another client.
6. Put a small amount of neutral set powder in one of the pans of the muffin palette. Work from the palette, never from the powder container.
7. Apply the creme makeup very lightly and evenly with the makeup sponge.
8. Pick up neutral set powder with your powder brush. Lightly apply the powder by tapping the brush on the skin. Apply a slight excess of powder.
9. Remove the excess powder by lightly whisking it away with a fan brush.
10. Optional: If you wish you can apply a very thin layer of latex on parts of the burn. Powder lightly then pull up the edges with a wooden tongue depressor to simulate damaged skin.
11. Remove the makeup using appropriate makeup removers. Remember to check for any allergies to the makeup removers.

Simple Lacerations

Make 2cm quick shallow laceration on the hand.

What you will need:

- reference photos of minor lacerations
- witch hazel and cotton pads
- fine synthetic brush, round
- alcohol-activated paint palette (FX colours)
- 99% isopropyl alcohol in a small cup
- makeup spatula, stainless steel
- makeup palette, flat white plastic
- makeup sponge, triangular white
- thick blood
- glycerin

Procedure - Small Laceration or wound

1. Ask your client if they are allergic to any of the products you are using. If they are, stop and find someone else to work on.
2. Decide how the laceration will look. Look at your reference photos.
3. Gently clean the area with witch hazel and woven cotton cleaning pads. You just need to dampen the cleaning pads. Allow the area to dry thoroughly.
4. Define the overall wound with an alcohol-activated blood colour. Dip your brush in the 99% alcohol then pick up the paint directly from the palette. With alcohol-activated paints you don't have to worry about contamination between clients since the alcohol disinfects the paint as you work. Apply the paint to the skin and let dry.
5. Using a makeup sponge moistened with 99% alcohol soften the edges of the wound you've just created to simulate skin irritation and reddening around the wound.
6. Redraw your laceration using the same or a slightly darker red. Keep this wound sharp and well defined. After you've defined the wound using blood red, add fine detail with blue paint in the middle of the laceration. Try not to use too much alcohol with the blue paint since you may end up removing red paint if you are not careful. The blue paint adds depth. Allow to dry.
7. Transfer a small amount of thick blood to your makeup palette with the makeup spatula. Working from your palette, carefully apply the thick blood to the laceration to give it a three-dimensional quality. Depending on the type of thick blood it may dry. You can add a small amount of glycerin to the thick blood using a cotton swab to keep the blood fresh.
8. Remove with appropriate makeup cleansers. Baby oil gel can be used to remove alcohol-activated paints or you can use 99% alcohol.

Abrasion or Road Rash

Make an abrasion or road rash on the heel of the hand, elbow, forehead, or leg.

What you will need:

- reference photos of abrasions
- witch hazel and cotton pads
- black stipple sponge
- alcohol-activated paint palette (FX colours)
- 99% isopropyl alcohol in a small cup
- burn and injury wheel (creme makeup)
- makeup sealer
- makeup sponge, triangular white
- makeup spatula, stainless steel
- makeup palette, flat white plastic
- neutral set powder
- cosmetic dirt
- muffin palette, white plastic
- powder brush (large, round soft bristles)
- fan brush (large, soft bristles)
- thick blood
- glycerin

Procedure - Small Laceration or wound

1. Ask your client if they are allergic to any of the products you are using. If they are, stop and find someone else to work on.
2. Decide how the abrasion will look. Look at your reference photos.
3. Gently clean the area with witch hazel and woven cotton cleaning pads. You just need to dampen the cleaning pads. Allow the area to dry thoroughly.
4. Define the overall wound with an alcohol-activated blood colour. Dip your black stipple sponge in the 99% alcohol then pick up the paint directly from the palette. With alcohol-activated paints you don't have to worry about contamination between clients since the alcohol disinfects the paint as you work. Apply the paint to the skin and let dry.
5. After you've defined the wound using blood red, add depth with blue paint applied with the black stipple sponge. Try not to use too much alcohol with the blue paint since you may end up removing red paint if you are not careful. The blue paint adds depth. Allow to dry.
6. As an alternative to the alcohol-activated paint you can use creme makeup applied with the black stipple sponge. You will need to set the creme makeup with powder and you should seal with a makeup sealer like Ben Nye Final Seal.
7. Transfer a small amount of thick blood to your makeup palette with the makeup spatula. Working from your palette, carefully apply the thick blood to the abrasion to give it a three-dimensional quality.
8. Add cosmetic dirt as desired. To control the dirt, apply with a damp makeup sponge.
9. Depending on the type of thick blood it may dry. You can add a small amount of glycerin to the thick blood using a cotton swab to keep the blood fresh.
10. Remove with appropriate makeup cleansers.