

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

ACCIDENT RESPONSE

Here are seven (7) general steps to be followed in responding to an accident situation on the mountain. Each individual situation will be different; but these are the steps to be followed - - IN SEQUENCE.

1. Take Charge. A leader must step forward, one that is recognized by the group, either by position or by assertiveness.
2. Approach the injured safely! Imagine what might happen to the rescuers if they approached the injured from below and something fell... Imagine what might happen if the rescuers approached the injured from above and something fell ... (You may have no choice; just make (expl del) sure that NOTHING falls.)
3. Perform urgently needed (life threatening) first aid. Perform in this order:
 - a Stop the bleeding.
 - b Provide Mouth-to-mouth resuscitation.

Note that in *1 MINUTE* enough blood can be lost to cause death.

So... do you take your pack off first? Do you carefully remove the injured's clothes so as not to damage them? Do you carefully take out a sterile bandage from your First Aid Kit?

4. Treat for SHOCK. Shock appears to some degree whenever trauma exists, Shock can kill. Shock is easier to prevent than to cure. To the extent the injuries allow, provide warmth, rest and fluids. Warmth may mean protecting from the ground/wind/rain/ etc. Fluids mean NON-alcoholic. Rest means comfort/quiet/reduce anxieties. Whose clothes should you use? your own or the injured's?
5. Check for other injuries. Perform a complete body examination. Which might be more dangerous in the long run? a broken arm or internal injuries? How much blood can be lost to a closed fracture of the Femur? Plan a systematic examination, e.g. from Head (first) to Toe (last) Eyes, Ears, Nose, Mouth, Arms --pain, disfigured, discolored, bleeding, tenderness. Vertebra, from cervical on down. Have the injured help you -- ask questions, request movement i.e. can you ..., observe responses. Document what you find. Only one person should interact with the injured if at all possible. Note: What do you think would be the effect on the injured if he/she were to overhear someone say: "Jack's really broken up: I think he's going to die"!...
6. Make a Plan. Some questions to be answered might include:
 - a. Should he/she be allowed to walk out?
 - b. Do we have enough people in our party here to evacuate him/her ourselves? or do we need to send for more help?
 - c. Should the injured person be moved by us? or do we need more expertise?

In making the plan, all the information available should be considered. i.e. time of day, hours before dark, extent of injuries, strength of party, expertise in party, hazards of staying put, hazards of moving, etc,

7. Carry out the Plan. Once the plan has been decided, carry it out!