

**Seven Steps for First Aid Response**

**Step 1 .** Take Charge of the Situation

**Step 2.** Approach the Patient Safely

**Step 3.** Perform Emergency Rescue and Urgent First Aid.

* DO NOT MOVE THE PATIENT AGAIN UNTIL STEP 7!!!!!

**Step 4.** Protect the Patient.

* DO NOT MOVE THE PATIENT TO END EXPOSURE TO HEAT, COLD OR WEATHER but build shelter around them.

**Step 5.** Check for Other Injuries

**Step 6.** Plan What to Do

**Step 7.** Carry Out the Plan

**Other Emergency Response Guidance:**

**Serious Accidents:**

*Definition*:

* Requires evacuation, or assistance back to the trailhead
* Requires hospitalization or treatment by a medical professional, or
* Results in death

*Procedures*:

* Stay calm – take charge of situation, work w/designated first aid person.
* Utilize the entire group; organize and assign individuals to do certain tasks
* Elicit individual expertise (medical, climbing, scrambling).
* Don’t let anyone leave unless you’ve assigned them to go get help, and no one should be solo - your obligation is to the whole group, not just the injured person.
* Be careful that a 2nd accident does not occur.

**Lost Hiker**

* Determine when hiker was last seen.
* Plan a search party – don’t send anybody out alone; nobody should be waiting alone while group searches.
* Designate a time and place to reassemble all search groups
* If hiker is not found contact the local sheriff or park ranger.

***After any rescue initiated, contact the Mountaineers via emergency line: 206-521-6030***