

## 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

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## 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***