

# 1. APPENDIX 6: MOUNTAINEERS' EMERGENCY CONTACT PROCEDURES AND CALL TREE

Members of all branches/committees with a trip emergency should:

1. First call **911**, and ask to be transferred to the Sheriff of the county they are in (or National Park Service for Rainier, Olympics, & North Cascades) for a Search and Rescue (SAR).
2. Second notify the club by calling the Mountaineers Emergency Line:

**206-521-6030**

This will bring the services of the Mountaineers organization to bear. The club representative can provide advice on managing through the incident, notify emergency contacts and relevant committee/club leadership, and serve as spokesperson for external organizations such as the media.

They will hear a message that says: ***"You have reached the Mountaineers Emergency line. If you are involved in a trip emergency, call 911. If you've already done this, please press '1'. You will be connected to the club representative on-call who can provide further assistance. If you have tried that person and they are not available, press '2'", if they are not available press "3".***

Cut out the following and carry with your 10 essentials package.

<p><b>Mountaineers Emergency Line</b></p> <p>First call <b>911</b>, and ask to be transferred to either:</p> <ul style="list-style-type: none"><li>• The Sheriff of the county you are in or</li><li>• The National Park Service for the park you are in</li></ul> <p>Explain that you need a Search and Rescue (SAR).</p> <p>Next, call the club at: <b>206-521-6030</b></p>	<p>Press "1" connects with club's on-call emergency assistant</p> <p>Press "2" connects with Executive Director (Martinique Grigg)</p> <p>Press "3" connects with the club president</p> <p>Press "4" connects with Safety Committee Chair (Dan Lauren)</p>
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## 2. APPENDIX 7: EMERGENCY CONTACT INFORMATION FOR YOUR FIRST AID KIT

Emergency Information	
Name:	Phone:
Street:	
City State, Zip:	
Emergency Contact 1	
Name:	Relationship
Phone:	
Street:	
City State, Zip:	
Emergency Contact 2	
Name:	Relationship
Phone:	
Street:	
City State, Zip:	
Your Medical Conditions	
•	•
•	•
•	•
Your Medications	
•	•
•	•
•	•
•	•

### 3. APPENDIX 8: MNEMONICS AND OTHER AIDS

ACRONYMS		
<p><b>SAMPLE</b> (helps with patient interview; page <b>Error! Bookmark not defined.</b>)</p> <p><b>S</b> ymptom</p> <p><b>A</b> llergies</p> <p><b>M</b> edications</p> <p><b>P</b> ast history</p> <p><b>L</b> ast in &amp; outs</p> <p><b>E</b> vents of this incident</p>	<p><b>AVPU</b> (for assessing level of consciousness; page <b>Error! Bookmark not defined.</b>)</p> <p><b>A</b> lert</p> <p><b>V</b> oice</p> <p><b>P</b> ain</p> <p><b>U</b> nresponsive</p>	<p><b>PROP</b> (ways to address breathing emergencies; page <b>Error! Bookmark not defined.</b>)</p> <p><b>P</b> osition of comfort</p> <p><b>R</b> eassurance</p> <p><b>O</b> xygen (O<sub>2</sub> mask)</p> <p><b>P</b> ositive pressure (rescue) breathing</p>
<p><b>TIPP</b> (splinting for severe fractures)</p> <p><b>T</b> raction</p> <p><b>I</b> nto</p> <p><b>P</b> rimary</p> <p><b>P</b> osition</p>	<p><b>RICES</b></p> <p><b>R</b> est</p> <p><b>I</b> ce</p> <p><b>C</b> ompress</p> <p><b>E</b> levate</p> <p><b>S</b> tabilize</p>	<p><b>STOP EATS</b> (why level of consciousness can decline:)</p> <p><b>S</b> ugar (hypo or hyperglycemia)</p> <p><b>T</b> emperature (hypo or hyperthermia)</p> <p><b>O</b> xygen (lack of)</p> <p><b>P</b> ressure (intracranial due to trauma)</p> <p><b>E</b> lectricity (electric shock)</p> <p><b>A</b> ltitude (HAPE)</p> <p><b>T</b> oxins (drugs, alcohol, poisons)</p> <p><b>S</b> alts (low sodium, potassium)</p>
<p><b>MOI</b> Mechanism of injury</p> <p><b>TBI</b> Traumatic Brain Injury</p> <p><b>ICP</b> Inter Cranial Pressure</p> <p><b>LOC</b> Level / Loss Of Consciousness</p>	<p><b>FAST</b> (test for stroke)</p> <p><b>F</b> ace</p> <p><b>A</b> rm</p> <p><b>S</b> mile</p> <p><b>T</b> ime</p>	

General Principals		
<p><b>First Aid maintenance</b></p> <ul style="list-style-type: none"> <li>Assess</li> <li>Anticipate</li> <li>Plan</li> </ul>	<p><b>Shock</b></p> <ul style="list-style-type: none"> <li>Compensating shock (can body adjust?)</li> <li>Decompensating shock</li> <li>ASR (acute stress reaction; adrenal push lasts about :20 min.)</li> </ul>	<p><b>Patient Exams</b></p> <p>Step 3: • Find it Fix it Fast</p> <p>• Well Aimed Direct Pressure</p> <p>Step 5: • Complete then treat</p>
<p><b>Splinting</b> (afterwards check :)</p> <ul style="list-style-type: none"> <li>Circulation</li> <li>Sensation</li> <li>Motion</li> </ul>	<p><b>Umbles</b> (signs of lowered consciousness)</p> <ul style="list-style-type: none"> <li>Mumbles</li> <li>Stumbles</li> <li>Grumbles</li> </ul>	<p><b>Remember</b></p> <ul style="list-style-type: none"> <li>Don't just do something – stand there and first think</li> <li>Do no further harm</li> </ul>