



MOFA SEVEN STEPS

First Aid Response

1. Take Charge

Calm and organize group for an effective response in a minimum amount of time.

2. Approach the Patient Safely

Avoid further injury to patient, keep group safe.

3. Do Emergency Rescue and Urgent First Aid

Treat conditions that can cause loss of life in a few minutes. Breathing, pulse, bleeding, site risks.

4. Protect the Patient

Reduce physical and emotional demands on patient. Protect from heat and cold. Provide TLC.

5. Check for Other Injuries

Once the life-threatening emergencies have been identified and controlled perform exam to find and ALL injuries.

6. Plan What to Do

Once urgent care and secondary exam is complete assess: injuries, resources, team, and conditions. Plan further first aid and evacuation.

7. Carry Out the Plan and First Aid

Coordinate and execute the plan.



PREVENTION

SIDE 1

TEN ESSENTIALS

1. Navigation (map and compass)
2. Sun protection
3. Insulation (extra clothing)
4. Illumination (flashlight/headlamp)
5. First-aid supplies
6. Fire
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter



PREVENTION

SIDE 2

CLIMBING CODE

Article I. Carry the necessary clothing, food, and gear at all times.

Article II. Keep the party together and support the leader and team decisions.

Article III. Never climb beyond your ability and knowledge.

Article IV. Never let judgment be overruled by desire when choosing between staying with the route and turning back.