

Incident Response

(FOH = Freedom of the Hills 7th ed.)

Scenarios: unprepared response vs. organized response

Context: Differences between in-city (ARC) and backcountry (MOFA) situations

- 911 response within minutes (ARC) vs. search and rescue (SAR) response in hours, days or potentially not at all (therefore need MOFA)
- Cell phone is not substitute for first aid kit and knowledge to use it!
- Map skills may be important (e.g., to guide SAR to the site)
- What info needs to go to the trailhead to get the appropriate help?

Role of the 10 Essential Systems (formerly the 10 Essentials) (FOH pp. 35-39) in Incident Response

- Do I really need to carry all this stuff?
- When/how would I use them?
- What would happen if I left one or another at home?

The Seven Steps (FOH pp. 477-484) for responding to emergencies:

1. Take charge of the situation
2. Approach the patient(s) safely
3. Urgent rescue / urgent first aid (ABCDs)
 - Airway
 - Breathing
 - Circulation
 - Deadly bleeding
4. Protect the patient (e.g., protect against the elements; treat for shock)
5. Evaluate for other injuries (secondary or “full body” exam)
6. Plan what to do
7. Carry out the plan

(Mnemonic: TAUPE PC)

Steps 1-4 must happen quickly (seconds count!)

Steps 5-7 should be done more slowly and methodically (doing it right counts!).

Leadership/followership (FOH Chapter 21, pp. 460-470) roles & responsibilities

- Trip Leader: responsible for overall coordination of the trip, group mgmt.
- MOFA Leader: responsible for mgmt. of first aid response
- Hands-on caregiver(s): conduct physical exams, administer first aid
- Scribe: records detailed findings on first aid report form (FOH pp. 462-463)
- Other “followers” may include front guard; rear guard (“sweep”); muscle power to move patients and gear, set up shelter, etc.; brain power to help develop plans

Mountain Maladies (FOH pp. 484-494): prevention is better than cure!

- Dehydration
- Heat-related illnesses (heat cramps, heat exhaustion, heat stroke)
- Cold-related illnesses (hypothermia, frostbite, immersion foot)
- Sunburn, snow blindness
- High altitude illnesses (AMS, HAPE, HACE)
- Lightning-caused injuries (cardiac arrest, burns, internal injuries)
- Intestinal disorders
- Blisters
- Panic
- Head, neck & back injuries
- Sprains, strains & fractures

First Aid Kits (FOH p. 494)

- Each member of party should have their own first aid kit
- Take what you might need; know what can be improvised and what cannot.
- If you don't know how to use something in your first aid kit, its value-to-weight ratio decreases considerably.
- Knowledge is power. Solution: take the Mountaineering Oriented First Aid (MOFA) course and get some practical knowledge and skills!

Alpine Rescue considerations (FOH Chapter 24, pp. 495-498; 510-513)

- Condition of patient(s)
- Condition of party members, including rescuers; skill level
- Physical hazards of mountain environment: terrain, distance, weather, rock fall and/or avalanche potential, time of day
- Rules of rescue: safety of rescuers comes first; act promptly but calmly; work within your level of training
- To search, or not to search?
- Self-evacuation vs. sending for help
- Learn how to work with rescue team, helicopter crews, etc.