



## Basic Emergency Preparedness

You are skiing and have an accident. You are 8 km from the trailhead, the trailhead is 60 min by car to the nearest EMS.

### Are you prepared?

Know your risk, the longer & more isolated the trails the riskier it is to ski alone. Consider groups of 4 skiers on longer trails where help or assistance is not immediate. 1 skier stays with injured party, 2 ski for help.

It is always advisable to ski with spare hat & mitts as well as a packable vest / jacket. Having an extra layer you can pop on is good practice for when conditions change or you stop after working up a sweat.

### What can go wrong?

- Broken limb, severely injured muscle
- Broken equipment slows group
- Head injury after fall
- Bleeding wound

### Dangers

- Cold: frost bite & hypothermia
- Blood loss
- Shock

Can you.....?

### SURVIVE

a 6-hour waiting period before help arrives.

Items	Weight	Cost
Cell Phone with trip leaders phone #		
Space blanket or space bivy sack	100 g	from \$10
Chemical hand warmers (2)	120 g	\$2 a pair
Gauze pad (2 large)	neg	\$1 each
Medical adhesive tape	30 g	\$2 per roll
Tensor bandage	25 g	\$2
Triangle bandage or nylon strap (sling)	15 g	\$1
Blister kit (blister pad, antiseptic swab, bandaid...)	75 g	\$3
Whistle	20 g	\$7
Matches, waterproof	50 g	\$5
Swiss army knife / multi tool	from 70 g	from \$50
Duct/Gorilla tape—great for repairs (about 1 m, a mini-roll or wrapped around water bottle)	neg	neg

### TIPS

1. CALL FOR HELP. In most cases use 911
2. Make the person safe & comfortable while minimizing movement. Away from water, out of wind....
3. Significant bleeding needs to be addressed immediately. Refer to First Aid training.
4. Focus on warmth, insulate from the ground, use space blanket & spare clothes, remove wet clothes where dry options exist.
5. Monitor for shock. Refer to First Aid training.
6. Inventory snacks and water.
7. Getting assistance
  - a. Consider sending person to trailhead to guide in help.
  - b. Give departing person CLEAR & SIMPLE instructions and directions. Repeat.
  - c. Don't leave injured person alone unless necessary (no cell service).

This list is NOT sufficient for back country or solo trips