

Emergency Procedures

- Lost Hiker
- Minor accidents
- Major accidents

Stay Calm

- You are the most important resource when problems arise
- Take charge
- Organize
 - Elicit individual expertise
 - Assign specific individuals to do certain tasks.
 - Work with the first aid person
- Don't let anyone leave; they may be needed later to go for help, search
- Remember that your obligation is to the whole group, not just the injured person
- Use the Accident Report Form (which should be carried in your first aid kit) to help plan your course of action

Lost Hiker

- Determine when/where the hiker was last seen.
- Conduct an initial search.
 - Determine the areas to be scouted and call loudly, or use whistles.
 - If you choose to divide the group, designate a leader in all new groups. Never send anyone out alone, nor should any wait alone while the group searches.
 - Don't allow anyone to go home; you may need them later.
 - Designate a time and place to reassemble all search groups whether the lost hiker has been found or not.
- If the hiker is still lost, contact the local sheriff or park ranger.
 - Tell them where and when the hiker was last seen, and equipment the hiker is carrying.
 - Many agencies will not be able to start a search until rescue services are available/in place, which could mean the next day.
- After the rescue has been initiated, contact the I-MAC president immediately.

Minor Accident

- Can be successfully treated on the spot
- Does not require assistance in evacuation
- Will not cause future complications

Major Accident

- Requires assistance back to the trailhead, or
- requires assistance in evacuation, or
- requires hospitalization, or
- is treated by a medical professional, or
- results in death.

First Aid

1. Take charge of the situation.
2. Approach the patient safely if the terrain is steep or hazardous. Take precautions to avoid further injury to the patient or to others in the group.
3. Perform any urgently needed rescue and/or first aid. Breathing, pulse, and severe bleeding must be stabilized quickly. (Remember the “ABCDs“- airway, breathing, circulation, deadly bleeding.)
4. Protect the patient. Treat for shock if the injury is serious. Keep the patient lying down and insulated from the ground. Keep him or her warm, using their own belongings first. Do not move the patient until the extent of all injuries is known and movement can be done safely in a controlled manner (i.e., typically as part of Step 7, below).
5. Check for other injuries. Do a careful, thorough, and methodical head-to-toe examination.
6. Plan what to do. The patient’s condition and size and the strength of the party, terrain and time of day, and the group’s location with respect to outside assistance must all be evaluated.
7. Carry out the plan. If possible, make sure everyone has something to do and no one is alone.

Self Evacuation or Rescue?

- Can your group self evacuate?
- Do you need help from search and rescue operations?
- Depends on the party strength and resources, your location and condition of the trail, and the patient’s condition.
- Self evacuation is extremely difficult unless the patient can walk

Sending for Help

- Send the two strongest members of the party, who know the route back to the trailhead to call for help
- Do not send them out until their help is no longer necessary at the accident site.
- Be sure they have a phone and appropriate car keys.
- They should mark the patient location and route out on the map if it may be confusing or darkness may fall.
- They should note terrain, distance, and time from the accident site to the road.
- Send the written accident report form with them to be sure that they have all the details about the accident, the patient’s condition, and the group’s resources.
- Stay with the patient until the patient has been evacuated

Contacting Help

- Calling the local county sheriff can produce a faster response than calling 9-1-1. If you don’t have the sheriff’s phone number, call 9-1-1 for County Sheriff in Washington or a National Park Ranger.
- Activate rescue with satellite messenger (IMAC has one for trip leaders) if cell service unavailable.
- Give them the specific details of the accident, the patient, the weather and terrain conditions, and the phone number (and the location of the phone) from which you are calling, so they can meet you.

- Write down the rescuer's name and phone number.
- Stay at the phone and be prepared to lead the rescue team to the accident site.

Using an InReach Satellite Messenger

Initiating an SOS Rescue

You can initiate an SOS rescue with the device turned on or off if the device has battery power.

- 1 Lift the protective cap from the SOS button .
- 2 Press and hold the SOS button. 3 Wait for the SOS countdown.

The device sends a default message to the emergency response service with details about your location.

- 4 Reply to the confirmation message from the emergency response service.

Your reply lets the emergency response service know that you are capable of interacting with them during the rescue. If you do not reply, the emergency response service will still initiate a rescue.

Sending a Custom SOS Message

After pressing the SOS button to initiate an SOS rescue, you can reply with a custom message using the SOS page.

- 1 Select Reply to compose a custom SOS message.
 - 2 When you have finished your message, select > Send.
- Your reply lets the emergency response service know

that you are capable of interacting with them during the rescue.

Canceling an SOS Rescue

If you no longer need assistance, you can cancel an SOS rescue after it is sent to the emergency response service.

- 1 Lift the protective cap, and hold the SOS button.
- 2 Select Cancel SOS.
- 3 When prompted to confirm your cancellation request, select Cancel SOS.