

24v2

Safety First!

Scene Safety (Skis up hill)
Personal Safety (BSI Precautions)
Legal Safety/Consent
“Hi I’m ___ from the ski patrol,
what happened? Can I help you?”

SAMPLE

Signs & Symptoms
Allergies
Medications & Medic Alerts
Previous Medical History
Last Oral Intake (Meal)
Event

PAIN

Onset (when started)
Provokes (what causes it)
Quality (sharp, tingling, dull)
Radiation (from here to there)
Severity (1-10)
Time (how long?)

Skin to Win!

Always O's

CSM before & after bandaging

1) Did you hit your head or back?
3) Did you lose consciousness?

2) Do you have any pain in the neck or back?
4) Anything else wrong?

Responsive Patient:

ABC's Present
Always Questions?
LOR (Reported as A&O x0/ x1/x2/x3/x4)
SAMPLE
Control Bleeding (Direct Pressure/Elevation/Pressure Points)
Rapid Trauma Survey
Treat for Shock (O2)
Address Chief complaint
Whole Body Survey

Unresponsive Patient:

ABC's UNKNOWN
Open Airway
Check Breathing (10 secs) -> rescue breathing (5/3 seconds)
Check Pulse (10 secs) -> CPR (30:2 or 15:2 infant 2-person only)
AVPU
Check/Control Bleeding (Direct Pressure/Elevation/Pressure Points)
Rapid Trauma Survey
Treat for Shock (O2)
Backboard load and go

Primary Survey

Carotid & radial pulse (strength/quality/presence)
Respirations (presence/quality)
Skin signs (cap refill)
Head Shape
C-spine check
Anterior Neck
Chest expansion
Abdominal Quadrants
Pelvis (gentle pressure)
Femurs
Count & record vitals.

Secondary Survey

Face, eyes (pupils) ears, nose, mouth, throat, clavicles for CSF/Blood.
Knees, shins, feet (push/pull same?)
Shoulders, humerus, elbow, forearm, wrist, hands, fingers (grab & squeeze same?)
Radial Pulse → BP of >80 systolic
Carotid Pulse → BP of >60 systolic

A&O

Person – “What’s your name?”
Place – “Do you know where you are?”
Time – “Do you know the day & time?”
Event – “What happened?”

A – Alert
V – Responds to Verbal Stimuli
P – Responds to Pain
U – Unresponsive

Vitals

Ranges for Adult/Child/Infant
Pulse (50-90/80-100/100-130)
Respirations (12-25/15-30/25-50)
BP (120/80)
Record Vitals!!

RU Quad LU Quad

Liver
Gall Bladder
Kidney

Stomach
Spleen
Kidney

RL Quad LL Quad

Ascending Colon
Appendix

Descending Colon

RICE

Rest
Ice
Compression
Elevation

Verbalize!

24v2

Radio

To Bump shack: "I need ..."
 To Dispatch: "I have ..."
 To Bump shack: "Departing for ..."
Age Positive LOC?
Gender Neuro impairment?
Illness/Injury
LA&O/Vitals/GCS Score (3-15)
EETA to First Aid or LZ

C-SPINE

Cynthia Togganburger likes silly cats:
Cervical Spine (7 bones) C7
Thoracic (12 bones)
Lumbar (5 bones)
Sacral (5 bones)
Coccyx (4 bones – fused)

SHOCK

V asogenic	Stop Bleeding/Elevation
C ardiogenic	High flow O2!
H ypovolemic	Transport!

Keep from crashing further – Transport!

Leadership - Communication - Teamwork

Transitions

- 1) Supine → Aligned & Supine → Aligned on Side → On Backboard
- 2) On Side → Aligned on Side → On Backboard
- 3) Prone → Aligned Prone → Aligned on Side → On Backboard

Minimize Movements (6-12" at a time)

Planes

Movement in one plane at a time!

Stabilize 3 reference points:

- 1) Head (glued to head → thumbs to nose)
- 2) Shoulders
- 3) Hips

Extrication

Stabilize Head – Head person calls movement!!
 Move one joint at a time
 Alignment before Movement
 Move in one plane at a time
 Minimize number of movements
 Think Axial drag
 Pull vs. Push

Verbalize

Even unconscious patients can hear
 Keep talking and informing patient of what is happening
 Do not lie to patient
 Help is on the way vs. You'll be ok etc

Oxygen

Exercise caution – bottles are projectiles!

- 1) Internal injuries
 - 2) Shock treatment
 - 3) Queasiness/Altitude Sickness
- 6L flow max through nasal canula
 15L flow max through mask

Knots

- 1) Fisherman (traction – two ropes together)
- 2) Water (webbing knot)
- 3) Clove Hitch (posts)
- 4) Bowlin (tie around yourself)
- 5) Double Figure Eight
- 6) Double Figure Eight Follow Through (harness)
- 7) Square (Cravats)
- 8) Trucker's Hitch (closures)