

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
 AMPLE
 Control Bleeding (Direct Pressure/Elevation/Pressure Points)
 Urgent Body Survey
 Treat for Shock (O2)
 Address Chief complaint
 Secondary Survey

Unresponsive Patient:

ABC's UNKNOWN
 Open Airway
 Check Breathing (10 secs) -> rescue breathing (5/3 seconds)
 Check Pulse (10 secs) -> CPR (15:2, 5:1)
 AVPU
 Check/Control Bleeding (Direct Pressure/Elevation,/Pressure Points)
 Urgent Body Survey
 Treat for Shock (O2)
 Backboard load and go

Urgent Body 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 (down/in)
 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

LOR

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 – 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

Liver
 Gall Bladder
 Kidney

LU Quad

Stomach
 Spleen
 Kidney

RL Quad

Ascending Colon
 Appendix

LL Quad

Descending Colon

RICE

Rest
 Ice
 Compression
 Elevation

Verbalize!

Radio

To Bump shack: "I need"

To Base: "I have ..."

A Age
G Gender
I Illness/Injury
L LOR/Vitals
E ETA to Base

C-SPINE

Cynthia Togganberger likes silly cats:

Cervical Spine (7 bones) C7

Thoracic (12 bones)

Lumbar (5 bones)

Sacral (5 bones)

Coccyx (4 bones – fused)

SHOCK

Vasogenic

Stop Bleeding/Elevation

Cardiogenic

Highflow O2!

Hypovolemic

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!

Internal injuries

Shock treatment

Queasiness

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)