

Hike Leader Workshop - 2019



CLUB MEMBERS

YEAR AROUNDERS



SNOW BIRDS



WELCOME

HIKE LEADERS

MEMBERS

CVHC

DTHC



THANK YOU



TODAY'S AGENDA

- ▶ **Tips on screening hikers**
- ▶ **First Aid ABC's**
- ▶ **Bleeding (What everyone should know)**
- ▶ **Positioning an injured hiker**
- ▶ **Trauma Kit**
- ▶ **Improvised trauma Kit**
- ▶ **Demonstration of a "Hiker Down"**
- ▶ **Hiker down scenarios**

Available Lessons-Power Point

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- ▶ Basic Gear
- ▶ Snakes & Spiders
- ▶ Dehydration
- ▶ First Aid Kits
- ▶ Heat related injuries
- ▶ Hike Leader Guidelines
- ▶ Tips for safe hikes
- ▶ Before the hike
- ▶ After the hike
- ▶ Lost hiker
- ▶ Procedures
- ▶ 10 Essentials
- ▶ Rescue

Tips on Screening

- ▶ Ask question in a friendly way
- ▶ Past/current Hiking clubs
- ▶ Explain trail conditions
- ▶ Pace – do they match the group
- ▶ How long have they been hiking
- ▶ Longest hike/Last hike
- ▶ Equipment
- ▶ Essential gear



A B C'S OF HIKER DOWN

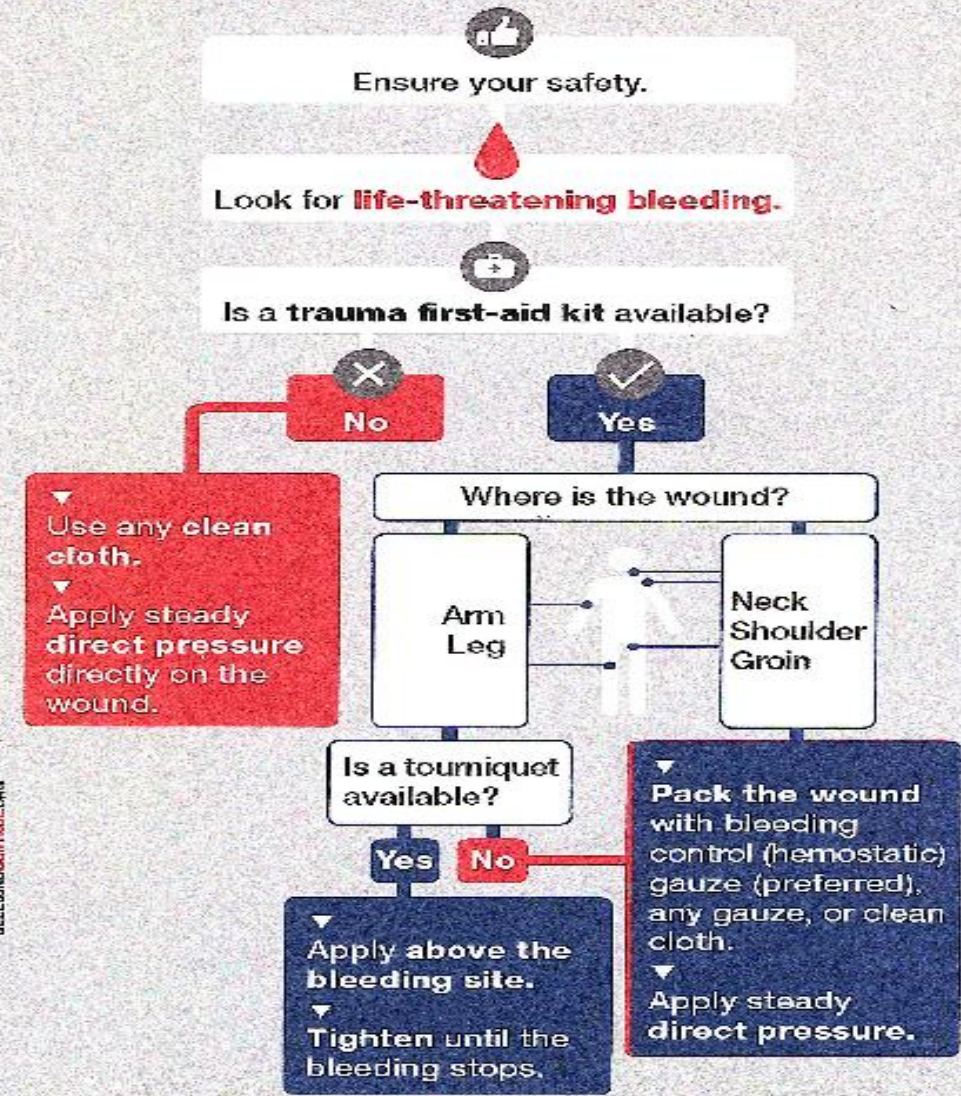
- ▶ 1. **Survey/Secure scene for safety**
- ▶ 2. **Call 911/organize team**
- ▶ 3. **Ask patient:**
 - ▶ Can I help/touch you
 - ▶ Medical conditions?
 - ▶ Medications?
 - ▶ Pain/discomfort?
 - ▶ Last eat/drink water?
 - ▶ Allergies
 - ▶ Stab neck/spine
 - ▶ Keep in recovery position until S&R

Save a Life

ELLEN BURNS

Save a life

What everyone should know to stop bleeding after an injury



TRAUMA KIT

- ▶ 2 pair nitrile gloves (immediately available)
- ▶ Tourniquet
- ▶ Two 2-3 inch gauze rolls
- ▶ 2 Compressed gauze pads or “fluffs”
- ▶ 2 packets of product containing a clotting agent
- ▶ Roll of 2 inch adhesive or stretchy tape
- ▶ Knife (trauma shears). Must be sharp
- ▶ Small permanent sharpie type marking pen
- ▶ Zip lock plastic bag



IMPROVISED TRAUMA KIT

- ▶ 1. **Gloves**
- ▶ 2. **Tourniquet**
- ▶ 3. **Gauze rolls**
- ▶ 4. **Gauze pads**
- ▶ 5. **Adhesive tape**
- ▶ 6. **Sharpie**
- ▶ 7. **Zip lock bag**
- ▶ 8. **Shears**

- ▶ 1. **Zip lock bags**
- ▶ 2. **Belt/strap/line/rope/bandana**
- ▶ 3. **Bandana**
- ▶ 4. **Toilet paper/paper towel**
- ▶ 5. **Duct tape**
- ▶ 6. **Pencil/small notepad**
- ▶ 7. **Food wrapper/container/gloves**
- ▶ 8. **Knife (Sharp)**

Injured Hiker



First Aid/Rescue



First Aid/ Rescue



Practice scenarios

Hiker down #1

- ▶ While hiking the Art Smith a hiker has gone down and received a major cut in his leg.
- ▶ The Hike Leader will give instructions to his group and make sure the first aid is done correctly.

Injury



Practice Scenario

- ▶ **Hiker Down #2**
- ▶ **While hiking the Skyline Trail a hiker has gone down and received a major wound by his Clavical.**
- ▶ **The hike leader will instruct his group and make sure first aid is done correctly.**





THE END

HIKE LEADER'S

**BREAK INTO FOUR GROUPS AND
GET READY TO PRACTICE A
DOWNED HIKER**