

TEST HINTS

TODAY:

IF YOU HAVE NEVER WORKED WITH SOMEONE IN THE CLASS, MAKE IT A POINT TO BE ON THEIR TEAM NOW!

BEFORE TEST DAY:

Organize your packs, iron your cravats, make packages for each scenario. A zip-lock bag with (3) cravats, an ace bandage and some dressings for (3) Scenarios- PACK A WATCH!

WHEN YOU GET TO THE MOUNTAIN:

Your teams will be posted.



Meet your team 1st thing upon arrival.

- Each discuss your strengths and weaknesses
Be honest, this can help your helpers help you (i.e. “ I always forget to summon ALS, but I am very good at the Kendrick!)
- Formulate a plan ahead of the chaos
“If we have a backboard problem, I like to use a horse collar, Bob you get the straps, Jane please take head stabilization, etc.”
- Plan on how you want to load the sled, this will save a lot of confusion on the hill!
- Check and organize your sled bag. Is everything there & ready to go?
Is there anything you want to add....discuss this.

o **RELAX; you are well prepared for this!**

AT SCENARIOS:

o **LEADER:**

Post the scene

Announce yourself

Understand the situation MOI

Set up the problem, helpers and solution in your mind
- visualize the outcome.

Execute

RAPID ASSESSMENT: **(less than 1 Minute)**

IDENTIFY CHIEF COMPLAINT

QUICK **STAMP**LE: Does patient need something? Inhaler, EPI Pen, Medications. etc.

ABC: Is patient Breathing? Control Bleeding

PULSE #1

What Does Not Come in the Sled Bag? (O2, AED, Traction)

O2- Is patient's Breathing adequate?, Possible Shock?

AED: Is this a possible heart attack?- Age of patient, condition, etc

TRACTION SPLINT: Grasp patients thighs

NOW CALL FOR HELP:

Need **(X)** Patrollers

Need **(above)** (tools)

Need Ambulance (ALS?)

START FULL ASSESSMENT: **(1-2 Minutes)**

Full STAMPLE- pause between questions-**LISTEN**

Complete full Assessment

Pulse #2

Start Packaging Patients minor (easily managed) injuries

Plan your helper's tasks

HELP ARRIVES: **(2-15 Minutes)**

Introduce helpers to patient

Explain injury to helpers: **BSI?**

Assign Workers Tasks-**SPEAK CLEARLY AND LOUDLY**

Assign **(1)** helper to communicate with patient,

Too many people talking becomes confusing.

Begin Treatment

Check in With Helpers throughout process
Re-assign tasks as needed
Check **Pulse #3**, CMS & Bandages before releasing problem

AT SCENARIOS:

o HELPERS:

- Quietly and discreetly ask leader if everyone has been summoned
- Assist your leader as per their requests, anticipate their needs!
- Do your best to keep organized, neat and precise.
- Listen to instructions from leader and patient
- Convey patients concerns/pains to leader
- Check CMS(Pulse) before bandaging
- Check CMS(Pulse) and tightness of bandaging upon completion
- **Communication = Teamwork**
 - Teamwork can make a weak leader look exceptional,
Poor teamwork can submarine a good leader!
 - Have a plan amongst yourselves, work together toward a common goal.
- Check CMS(Pulse) before Transport.
- **BE BUSY!**