

# mountainfeet.com casualty card

Date:	Name and age of casualty:
Time of incident:	
First aider:	Next of kin name & tel:
Grid Ref:	Consent: YES/NO) Male/Female

## **DANGER**

Minimise risks to own party first then casualty.

## **RESPONSE**

Approach using **AVPU** technique (see **DISABILITY**).

## **(c)**

Any catastrophic bleed? If **YES**, this takes priority.

## **AIRWAY**

Potential C-Spine injury? **YES/NO** (if **YES** - **IMMOBILISE**)

Clear, open and preserve airway. If no C-Spine injury indicated but unresponsive then consider Recovery Position with chin lift.

## **BREATHING**

**IF NO, PROCEED TO CPR.**

30 compressions to 2 breaths  
(Juniors 5/30/2)

Wounds to respiratory region: **YES/NO**

Respiratory rate: (Normal range 12-18)

Equal chest expansion: **YES/NO**

## **CIRCULATION with bleeding control**

Pulse rate: (60-100 bpm)

External bleed: **YES/NO**

Wrist pulse present: **YES/NO**

Abdomen: **SOFT/HARD**

Cyanosis (blue tinge): **YES/NO**

Pelvic pain: **YES/NO**

Femoral bleed (check for deformation): **YES/NO**

Pressure/dressings applied as necessary: **YES/NO**

Time applied:

## **DISABILITIES**

Level of consciousness: **Alert Voice Pain Unresponsive**

Sensation in extremities: **YES/NO**

Movement in extremities (if safe to check): **YES/NO**

Cerebrospinal Fluid leak (ears/nose): **YES/NO**

Battle's Sign bruising behind ears: **YES/NO**

## **ENVIRONMENT**

Protect from heat/cold/wet etc

**Hypo**thermic: **YES/NO**

**Hyper**thermic: **YES/NO**

**Allergies:** (Epipens etc?)

**Medications:** (Any carried?)

**Past medical history:**

**Last ate and drank:**

**Events of situation:**

\*\*\*CALL 999/POLICE/MOUNTAIN RESCUE - GIVE GRID REF & DETAILS\*\*\*