Single Avalanche Victim Medical Response Drafted by: TJ Hartridge, DO FAWM Lindsey Fell, MD Draft Date: September 2023 Scene Safety Excavate to Airway Signs of Life? YES NO Open & Clear Airway Support Breathing YES **Breathing?** Finish Excavating NO Hemorrhage? Give 5x Rescue Breaths Other Injuries? **Spontaneous Breathing?** Treat/Prevent Hypothermia NO **YES** Call for Help +/- Evacuate Assess Pulse NO Signs of Life: Responding, eye opening, breathing, chest rise, pulses? Support Breathing: Help with body positioning, dig out around chest to allow expansion, recovery Other Injuries: A quick Head to Toe, Looking for deformity, bleeding, obvious trauma. Open Airway w/Jaw Thrust: Fingers behind angle of the jaw, pull the jaw forward. This pulls the tongue forward, and OPENS the AIRWAY. LOOK for ice/snow and other obstruction in the AIRWAY. START CPR This technique protects C-SPINE -Rescue Breaths: 5 initially, with pocket mask or bag valve mask, look for chest rise. Recheck. If rescue breaths are needed give 1 breath every 6 seconds. -Treat Hypothermia: Protect from exposure (wind, snow, etc.) Insulate patient from snow. Remove and replace wet clothing. Consider using excavated snow and burial site as shelter if scene is safe. -CPR: 30 compressions with 2 breaths, rate of 100-120 beats a minute. (Compression Only CPR Acceptable) Stop after 30 minutes if no signs of life, or if at any point it scene is no longer safe.