If Someone Gets Injured

If someone is injured and can’t be moved to a trailhead, do the following: Provide warm and comfortable clothing; leave someone with the injured person; note the exact location and circumstances; and call authorities immediately. When the backcountry ethics say it is your responsibility to treat the environment and those in it with respect. Be careful and use common sense. Getting accident victims to safety and medical facilities is difficult and often dangerous for all involved.

Hazard!

Wind: High winds associated with approaching weather fronts can bring down trees and limbs on the heavily forested trail. Plan accordingly.

Hypothermia: Hypothermia is when body temperature falls below the point at which the body can maintain its own heat. In an automobile killer and results in exposure to a combination of wind, rain, and cold. A wet or cold wind that is blowing strongly can cause hypothermia even at very high elevations. Be prepared when starting out for wintry weather conditions. Here’s how to take care of yourself: If you are extremely cold, heat, and nutrition. Always carry rain gear; storms arise quickly. Hypothermia symptoms can appear very slowly, even in mild weather.

Ingestion and treatment

Intoxication: Ingestion and treatment are immediate, uncontrollable diarrhea. The symptoms are nausea, vomiting, diarrhea, severe abdominal pain, and possible fever. These are common symptoms of food poisoning. To treat an intoxicated person, remove them from the area immediately. If possible, move them to a warm place to rest. Cover them with a blanket or a sleeping bag. Keep them warm, and provide them with plenty of fluids. Treat the person for hypothermia if necessary. If the person is conscious, give them something to eat to help them digest the food. If the person is unconscious, do not give them anything to eat or drink.

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