

Responding to An Emergency



At every outdoor program (includes requested programs & hikes) you should have a first aid kit with you. These are available at Walden Ponds and should be checked out with each program. Whenever supplies are used, please let us know so first aid kits are always adequately stocked. If you are leading a program at a school, library, senior facility or other indoor public location, they should have their own first aid supplies available.

First Aid and CPR training is offered through our department at least once a year. This is not required for Volunteer Naturalists, but you are encouraged to participate to keep up on the latest first aid techniques. The Volunteer Naturalist newsletter, *Interpretive Prints*, and the DISCOVER database will list upcoming opportunities for this training.

Occasionally, something may happen during your program that dictates more than just handing someone a band-aid. It helps to be prepared.

In any first aid emergency, you should follow three steps:

STEP ONE: **Recognize an Emergency**

- a) Is the scene safe...are there any safety hazards? If the scene is unsafe or becomes unsafe, do not approach.
- b) Who is hurt and what types of injuries do they have?
- c) What happened?

STEP TWO: **Call For Help**

- a) You should stay with the victim; send others to call help.
- b) Ask one or more people (preferably another volunteer or adult supervisor) to call 911. If voice connectivity is unavailable, but text messages can be sent (this is true in some mountain areas), you can text 911. This is only recommended if it is the only option. If a voice call or text message is not possible, then send two or three people from the group to find a location with service to call 911. One person should remain on the phone and the other(s) should return to tell you that help is on the way.

*They should be prepared to give information about: exact location of emergency, victim's condition,

and what type of first aid is being given.

* Also, you may want to assign someone to wait at the park entrance, parking lot, or trailhead if ambulance staff has to "hike" to victim.

STEP THREE: **Care For The Victim**

- a) If they are responsive, ask if the person wants help before providing care.
- b) Do what is necessary to take care of the victim/emergency.
Remember—do not move a victim if you suspect a head or spine injury!
- c) Use common sense and administer first aid only within the scope of your training. If someone comes forward that has more advanced training than you allow them to care for the victim. Get their name/phone number so a complete accident report can be submitted.

Also, get bystanders to move back; give the victim and first-aid providers some room to breathe. Find out who came with the victim (family, friend, parent etc.) and do not separate loved-ones from the victim, but keep everyone else away. Contact the Natural History Program Coordinator or Natural History Program Specialist as soon as possible to brief her/him about the emergency.

When to Call Dispatch

During a program, you may notice other emergencies or issues that need attention as well. It is a good idea to keep the Boulder County non-emergency dispatch number in your phone for these situations: **303-441-4444**.

When to call 911: Medical emergency, wildland fire, crime in progress, weapons, other things that need attention RIGHT NOW!

When to call 303-441-4444: wildlife harassment, illegal parking, suspicious activity.

When you call either number, identify yourself as a volunteer with Boulder County, state the issue, and then answer their questions.