



## Accident and Emergency Procedures

An instructor for Peak Instruction will be qualified in 1<sup>st</sup> aid. A suitable course will be no less than 16 hours duration and include an element of assessment.

It is up to individual instructors to ensure that their 1<sup>st</sup> aid qualification remains valid and their personal knowledge is kept up to date.

### Definition

1<sup>st</sup> aid is the help or treatment given immediately after an accident or injury takes place, often the most important time.

We deal with 3 levels of injury or incident requiring 1<sup>st</sup> aid:

#### *Low Severity:*

These are the common day to day cuts and scratches. Injuries requiring no more treatment than a sterile wipe, plaster or application of eye wash to remove grit.

These are injuries that would not warrant you to advise an immediate visit to a GP or A+E department that can be simply and quickly treated with the contents of most 'ouch pouch' kits.

Examples include; grit in eye, graze to knee from trip or small cuts and bruises.

#### *Medium Severity:*

These are injuries that you are able to treat onsite using the normal equipment found in a 1<sup>st</sup> aid kit. They are more severe than the first category and would require contact with a medical practitioner but do not warrant the calling of the emergency services.

You would advise the client to seek medical assistance immediately via the visiting of an A+E, Minor Injury Unit or GP.

Anything connected with a pre-existing medical condition.

Examples include; sprained ankles, suspect broken fingers or mild hypothermia.

#### *High Severity:*

Any event or injury requiring the attendance of the emergency services including Cave or Mountain Rescue.

Any injury that would require medication or surgical procedures.

Any injury resulting from an impact to the head or back.

Any injury outside the experience or remit of the 1<sup>st</sup> aider.

Any fit, seizure or unconsciousness.

Examples include; rock strike to the head, fall onto back, suspected broken ribs or any fit or seizure.



### *Near Miss or Dangerous Occurrence:*

Any event or incident that does not result in injury, whether that is from luck or by instructor or participant intervention.

Examples include; ground fall that does not result in injury, client abseils with unscrewed karabiner or near miss on the road.

## **1st Aid Kit Contents**

A 1<sup>st</sup> aid kit can easily become larger than any other component in the instructors kit bag. A 1<sup>st</sup> aid kit needs to be appropriate for the activity it is used for. Most first aid kits will be used for several activities so will need a selection of different components. What follows is only guidance on kit contents.

Any contents should be within their use by period as marked on the original hygiene seal.

- Selection of plasters
- Wound irrigation or wipes
- Eye wash
- Selection of larger dressings & bandages
- Crepe bandage/support bandage
- Resuscitation aid, optional but highly recommended
- Triangular bandages.

For caving a few suitable additions or substitutions are cloth 'Gaffa' tape, it can be very useful as an adhesive, sling or any non sterile application & sanitary towels, absorbent and compact.

Always check the client is not allergic to a 1<sup>st</sup> aid kit component by asking them to look and read any labels.

## **Treatment**

Any treatment given is expected to be in line with recognised good practice and within the remit of the holder's 1<sup>st</sup> aid qualification.

## **Reporting**

Any time a defined event occurs a report should be made in the 'Accident Book' at the Peak Instruction office. A written report can be sent in via post or e-mail.

Written reports should be made within 24 hours of the incident.

A low severity incident only needs the main details reporting.

Details required include; 1<sup>st</sup> aider, injury, client/group name, location of incident and mechanism of injury.



Any moderate injury, severe injury, near miss or dangerous occurrence should have an individual report for every casualty and contain a written report from the instructor involved.

Details required include; 1<sup>st</sup> aider, injury, client/s injured (by name), location and mechanism of injury, witnesses and recommended action.

Full contact information is not required in a report as each individual will have filled in a booking form. A name is required.

Any serious injury should be reported as soon as practical after the emergency services have been contacted.

All other incidents should be reported as soon after the course ends as possible.

Peak Hospitals:

Stepping Hill Hospital – A+E

Poplar Grove

Stockport

SK2 7JE

0161 483 1010

Northern General – A+E

Norwood Grange Drive

Sheffield

S5 7

0114 243 4343

Royal Hallamshire Hospital – Minor Injury Department

Glossop Road

Sheffield

South Yorkshire

S10 2JF

0114 271 1900

Hope Medical Centre - GP

Marsh Avenue

Hope

Hope Valley

S33 6RJ

01433 621 557

Peter Knight – 07812 038233

Beth Knight – 07906 847637

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