

Mountain Leader Training Exercise

The third in a series of MLTA CPD Articles for Mountain Instructors



Get CPD points for free by reading the article and testing your knowledge with the self-assessment questions at the end. We don't need to know your score, it's a bit of fun and hopefully you'll learn something new (the answers are included on the MLTA page of the MCofS website so you can check you're thinking along the right lines). Value: 0.25 Credit points

First Aid

Test your knowledge with these scenarios from Will Legon



Photo: Will Legon

Will Legon (of Will4Adventure.com) works professionally in the outdoors leading groups walking and instructing single pitch rock climbing. Additionally since 2009 Will has been delivering first aid training specialising in outdoor first aid courses. He is an ITC (Immediate Temporary Care) trainer, and as such you can be assured a high standard of course based upon a rigorous system of training, experience and assessment. In a former life, Will was a maths teacher and an infantry officer in the Territorial Army.

www.will4adventure.com/first_aid_courses.shtml



Photo: Will Legon

As we all know first aid is grounded in the alphabet, allowing us to work through an incident systematically and in a prioritised order. What follows is a series of questions looking at six incidents that we could all find ourselves in. What would you do?

Scenario 1: Having assessed that a casualty is responsive to pain only, he is for first aid purposes:
a. Conscious and can therefore manage his own airway and should be left as he is
b. Unconscious and will need to ultimately be placed in a safe airway position
c. Unconscious but should be kept still

Scenario 2: You're taking a group of

energetic primary school aged children rock climbing when you notice that one of them is now very quiet. Upon further enquiry the teacher with them tells you that they are not sure what it is and that this is abnormal though they know the child is diabetic. The child is conscious and breathing, standing in front of you but totally not responsive to your voice. What do you do now?
a. Look for a sachet of energy gel and rub this into their gums, or failing that a similar sugar-based substance
b. Look for their insulin and inject them with this
c. Sit them down and monitor them to see what happens

Scenario 3: You're enjoying lunch at a popular picnic spot when you notice a heavily pregnant lady

choking (silently) on her food. You administer five back slaps but to no avail. What do you do next?
a. Start doing five abdominal thrusts
b. Continue with the back slaps
c. Ask her to lie down on her back and try up to five chest thrusts (like you do for CPR)

Scenario 4: You are out visiting a gold team of DofE students walking in the Cairngorms. One student who you know is asthmatic is struggling for breath. He has no inhaler on his person. A peer within the group says that she carries an inhaler. What do you advise?
a. Take the inhaler and give it to the casualty
b. Never give any drugs except aspirin for a suspected



Photo: MLTA



Photo: Will Legon

heart attack
c. Call the emergency services (where you are there is a signal for 999 calls)

Scenario 5:

You're supervising a group rock climbing at a crag when a belayer is hit in the face by a rock. There is a lot of blood loss, their face is pale

and their skin is cold and clammy to the touch. They are conscious though anxious and their breathing is fast and shallow. What do you do now?

- a. Treat the wound, lie them down in a safe airway position and call 999
- b. Treat the wound, lie them down on their back, head

down and feet raised and call 999

- c. Treat the wound, sit them down, head raised and call 999

Scenario 6:

You're descending a scree slope with a mate when a boulder from above comes flying down and hits her on the back of the head. Temporarily she is knocked out and concussed. She comes round and is confused. She is breathing and there is no bleeding visible. Her face looks very red and on closer inspection you see bruising behind her ears. What is the best course of action now?

- a. Lie her down in safe airway position, head uphill, and call 999
- b. Lie her down in safe airway position, head downhill, and call 999
- c. Lie her down on her back, head downhill, and call 999.

Think you know the answers? Find out on the MLTA page of the MCoFS website at: www.mcofs.org.uk/mlta.asp