

North River District - Emergency Response Numbers

Emergency		911
Non-Emergency Numbers		
Steve Beri	NRRD Recreation Program Manager	(540) 432-0187
Garnett Strother	NRRD Lead Recreation Technician	(540) 432-0187
Mary Yonce	NRRD District Ranger	(540) 984-4101
Search & Rescue		
Rockingham-Augusta Search and Rescue (540) 828- 4527 Virginia State Police (Harrisonburg) (540) 434-8593 Augusta County Sheriff (540) 245-5333 Rockingham County Sheriff (540) 564-3800		
Hospitals		
Augusta Medical Center 96 Medical Center Dr, Fishersville, VA 22939		(540) 332-4000
Sentara RMH Medical Center 2010 Health Campus Dr, Harrisonburg, VA 22801		(540) 689-1000
Ground Ambulance:		
Churchville Volunteer Fire and Rescue 3829 Churchville Ave, Churchville, VA 24421	(540) 337-6043	
Bridgewater Volunteer Fire and Rescue	Fire: (540) 828-3121 Rescue: (540) 828-3395	
Harrisonburg Fire and Rescue	Fire: (540) 432-7703 Rescue: (540) 434-2323	
Clover Hill Fire & Rescue	Fire & Rescue: (540) 879-9930	
Staunton Fire and Rescue	Fire: (540) 332-3884 Rescue: (540) 885-3444	
Augusta County Fire and Rescue 18 Government Center Lane, Verona, VA 24482	(540) 245-5624	
Rockingham County Fire and Rescue 57 E Gay St, Harrisonburg, VA 22802	(540) 564-3175	
Highland County Rescue, Monterey	(540) 468-2295	

Planning for Medical Emergencies

Date: _____ Project Location: _____ Group
Name _____

Prior to each trail project or work trip, we need to ask and be able to answer the following questions:

1. Does everyone have their required PPE? _____

2. What are we going to do if someone gets hurt?

3. Are there people on the crew that can provide medical support? _____

Person: ____ ---- _____

4. Qualifications: _____

5. What type of equipment is available to transport injured personnel?

6. How will we get them off the trail?

Route by foot _____

Route by vehicle _____

7. Where is the nearest Hospital? _____

8. How long will it take to get them to a hospital? _____

9. Nearest dependable cell phone coverage? _____

Notes:

Emergency Medical Care Guidelines

Legality

Do only what you know how to do and keep records of what you do for the patient.

Blood-borne Pathogens

Use PPE (pocket mask, waterproof gloves, goggles) if contact with body fluids is possible.

Treatment Principles

- Prevent further injury by removing injured from danger.
- Rapid assessment: Airway, Breathing, Circulation and life-threatening injuries
- Thorough exam: Look for method of injury.
- Check for deformities, contusions, abrasions, punctures, burns, tenderness, lacerations, or swelling.
- Stabilize patient and make a transport decision.
- Document on-scene observations and treatment (send with patient).

Medical Response Procedures

- In case of medical emergency, seek medical care immediately.
- All injuries must be reported to direct supervisor.
- Identify nature of incident, number injured, patient assessment(s), and location (geographic and GPS coordinates).

Patient Assessment

Initial Patient Assessment

- General impression of patient
- Major bleeding control
- Airway
- Breathing
- Circulation
- Wrist or neck pulse

Patient Information

- Chief complaint
- Age & weight

Level of Consciousness

- Alert & oriented
- Verbal (responds to voice)
- Pain (responds to painful stimuli)
- Unresponsive

Breathing

- Normal
- Difficult/labored breathing
- Not breathing – start rescue breathing

Pulse

- Present
- Absent – Start CPR

Skin Color

- Normal
- Pale
- Bluish
- Flushed/red

Skin Moisture

- Normal
- Dry
- Moist/clammy
- Profuse sweating

Skin Temperature

- Normal/warm
- Hot
- Cool
- Cold

Pupils

- Equal and reactive to light
- Fixed
- Slow response
- Unequal
- Dilated
- Constricted

Make a transport decision