

First on the Scene... do you know what to do?

Frances Mann-Craik for SSEPO

You come around a corner and there it is:

- A car crashed into a PG&E pole
- A motorcycle rider down on the highway
- A bike rider smashed into the mountain side
- A hiker down on a mountain trail

What should you do?

SSEPO is organizing a “First Arrivers” workshop to talk through / walk through the steps to take when you are the first responsible person on the scene of a mountain accident.

SSEPO Board members Dr. Rich Lee, Peggy Wargo, Judith Watson and Frances Mann-Craik are organizing the workshop, which we hope to hold in the Spring at Jikoji Zen Center.

Following is an outline of the workshop. If you have special experience or skills to add to our workshop-creation team, please let me know. Also, send me a note if you would like to be on the sign-up list for more information. manncraik@gmail.com

First Arrivers Workshop & Training Class for SSA Neighbors 2019 / 2020

Background:

- SSA Neighbors are often the first responsible people on the scene after a friendly tourist, or a neighbor, has an accident – on the highways and on the trails.
- Emergency Services often take a long time to arrive – recently 40 minutes for a crash on Highway 35 and 90 minutes to get to an injured hiker on John Nicholas Trail.
- The SSA Community is well supplied with trained CERTs and helpful neighbors.

Objectives:

- Provide a workshop to equip locals to manage a local emergency -- from their arrival on the scene until emergency professionals appear.
- Workshop in the Spring for SSA residents – Jikoji has volunteered their facilities – date TBD
- Trunk-bag of “First Arriver” tools

Workshop Content

- 1) Steps to take, as first arriver, as “Incident Commander” of the situation
 - a. Safety
 - b. First aid

- c. Call out to Emergency – who to call; how to tell them where you are
 - d. Traffic control
 - e. What to do when emergency help arrives
- 2) Role playing / demonstration – three scenarios
- a. Car crash into tree
 - b. Mountain biker down on trail
 - c. Motorcycle / bike crashed on Highway

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