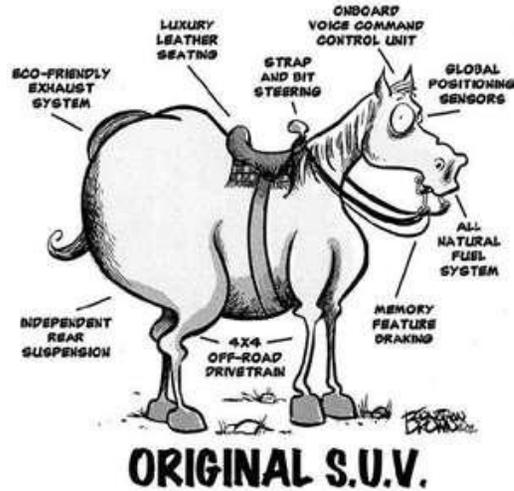


## Five Things Not To Do In An Emergency.

1. DO NOT PANIC.
2. DO NOT LEAVE THE VICTIM.
3. DO NOT MOVE THE VICTIM UNLESS THE AREA IS UNSAFE FOR THE VICTIM TO REMAIN THERE.
4. DON'T ENDANGER YOUR SELF.
5. DON'T FEEL GUILTY IF THE OUTCOME IS BAD YOU DID THE BEST YOU COULD DO.



# TRAIL SAFETY 101

IF YOU NEED A CPR OR FIRST  
AID CLASS PLEASE LET US KNOW.

Vintage Valley - OPRC



Five things you should do when you come across someone in need out on the trail.



1. Check The Area That It Is Safe.

Make sure that there is nothing around the victim that might endanger you or the victim. For example a scared horse, loose animals, fallen trees, rattle snakes or bears just to name a few. Once you have determined that the area is safe to approach the victim you may do so, with caution. Keep an eye out for the victims horse, who may be running loose, if you can, catch the horse and tie it, if it is safe, otherwise your first concern is the victim.

2. Get Help!

If you have a second rider send them for help once the situation has been assessed. Try to carry a cell phone or radio with you when out on the trail. Try to never ride alone.



3. Assess The Victim.

Are they breathing? You may have to perform CPR until help arrives. Any broken bones that are obvious? Any bleeding? If nothing is obvious then think of the unseen issues. Broken neck, broken back, concussion? Consider the possibility of internal injuries before you proceed.

4. Bleeding and Broken Bones.

Bleeding needs to be controlled, put pressure on the wound to stop the bleeding. Broken bones need to be stabilized or immobilized.

5. Comfort The Victim.

Keep the victim warm comfortable and stay with the victim until help arrives. If you fear a head injury, keep the victim talking and alert. Stay positive! Even if you know the situation is really bad. Do not let the victim see you are scared or worried, they in turn will become fearful and worried. Do not leave the victim until help arrives or the victim dies.

