





Mountain And Cold Weather Safety

Weather Hazards

- ◆ Temperature.
- ◆ Wind.
- ◆ Freezing Rain.
- ◆ Electrical Storms.
- ◆ Heavy Rainfall.
- ◆ Heavy Snowfall.
- ◆ Hill Fog.

Objective Dangers

- ◆ Rock Fall.
- ◆ Avalanche.
- ◆ Steep Slopes.
- ◆ High Exposed Cliffs / Ridgelines.
- ◆ Icy Or Wet Surfaces.

Preparation And Planning

- ◆ To Be Done Before Venturing Out :-
- ◆ Clothing Serviceability.
- ◆ Tentage.
- ◆ Cookers And Lamps.
- ◆ Radios.
- ◆ Troop Kit Check.

Planning Your Route

- ◆ Groups Ability.
- ◆ Time Appreciation.
- ◆ Weather.
- ◆ Local Knowledge.
- ◆ Mountain Rescue Posts.
- ◆ Route Cards.

Rules On The Hill

- ◆ Stay As A Group.
- ◆ Know Your Equipment.
- ◆ Know Your Limitations.
- ◆ Check Your Position Regularly.
- ◆ Pace Of The Slowest Man.
- ◆ Halts When Necessary.
- ◆ Turn Back In Time.
- ◆ Shelter In Bad Weather.



Questions ?

Leaders Responsibilities

- ◆ Chooses Route.
- ◆ Navigation.
- ◆ Sets Pace.
- ◆ Alternates Men.
- ◆ Reduces Halts.
- ◆ Keeps Groups Informed.
- ◆ Appoints Rear Man / Check Nav / Pacer.

Rear Mans Responsibilities

- ◆ Keeps Leader Informed.
- ◆ Keeps Navigation Check.
- ◆ Checks For Gash.
- ◆ Ensures No One Left Behind.

Individual Responsibilities

- ◆ Follow Leader.
- ◆ Stay Alert.
- ◆ Take An Interest In Where You Are.
- ◆ Check Buddy For Cold Injuries.
- ◆ Inform Leader Of Problems.
- ◆ Pass On Messages Correctly.

Ascent

- ◆ Start Cold.
- ◆ Heavily Laden Men Act As Pacemakers.
- ◆ Ventilation Stop.
- ◆ Keep Closed Up On Scree Runs.
- ◆ Follow The Leaders Route.
- ◆ Scrambling.
- ◆ Mountain Pace.

Traverse

- ◆ May Involve Numerous Ascents And Descents.
- ◆ The Same Principles Apply.
- ◆ Rear Men Alternated.
- ◆ Turn Back In Time.
- ◆ Use Escape Routes.

Descent

- ◆ No Short Cuts.
- ◆ Descend By Longer More Gradual Slopes.
- ◆ Don't Follow Streams, They May End In Gullies Or Waterfalls.
- ◆ Don't Run, Slide Or Glissade.

A photograph of a large, white ice floe floating in dark water. A winding channel of water cuts through the ice, creating a path that leads from the foreground towards the background. The ice has a rough, textured surface with some smaller ice chunks floating nearby. The sky is a pale, hazy blue.

Questions ?

Causes Of Accidents

- ◆ Over Estimation Of The Groups Stamina & Ability.
- ◆ Carelessness.
- ◆ Lack Of Observation.
- ◆ Lack Of Knowledge.
- ◆ Failure To Act As A Group.

Accident Procedure

- ◆ First Aid.
- ◆ Provide Shelter For Everyone.
- ◆ Insulate From Cold.
- ◆ Warm Fluids If Injuries Permit, Reassure, Send Distress Signal.
- ◆ Evacuate.
- ◆ Inform Base Asap.
- ◆ Send For Help.

Special Precautions If Leaving Casualty Alone

- ◆ Build A Wind brake / Shelter.
- ◆ Leave All Food And Clothing.
- ◆ Mark The Position.
- ◆ Leave A Cheerful Message.
- ◆ Belay If Unconscious.
- ◆ If Conscious Reassure, Leave A Torch And Whistle.
- ◆ Get Help ASAP.

Message Contents

- ◆ Exact Position (6 Fig Grid)
- ◆ Time Of Accident
- ◆ How Many Injured
- ◆ Nature Of Injuries
- ◆ Any Helpful Info I.E ; Approach Routes, Landmarks And Equipment In Group
- ◆ Info Must Be Written Down

Questions?



Action If Separated

- ◆ Stop.
- ◆ Consider Your Situation.
- ◆ Seek Shelter Warm Clothing & Wets.
- ◆ International Distress Signal.
- ◆ Await The Groups Return.

Group Action

- ◆ Inform Base ASAP.
- ◆ Retrace Steps.
- ◆ Listen For Whistle Blasts / Look For Torch Flashes.
- ◆ Nominate Last Man.

Lost Procedure

- ◆ Stop & Consider The Situation Calmly.
- ◆ Check All Recorded Bearings & Distances & Recalculate The Position.
- ◆ Check Calculations With Someone Else.
- ◆ Retrace Your Steps to the Last Known Position.

(cont)

- ◆ Draw A Circle Around The Last Known Position On The Map Representing The Maximum Distance Covered. Then Select A Recognizable Point Or Feature & Send Out A Patrol.
- ◆ If Weather Is Bad And An Immediate Move Is Unnecessarily Risky Then :-
Stop And Seek Shelter Until Conditions Improve.

M &AW Safety Rules

- ◆ Have A Map, Compass, Whistle, Pencil, Notebook, Torch, Matches, Candle, FFD & Survival Bag.
- ◆ Always Wear Correct Clothing & Carry Spare.
- ◆ Victuals For Emergency.
- ◆ Ensure Proper Eqpt Carried.

(cont)

- ◆ Remember International Distress Signal (6 Blasts Followed By 3).
- ◆ Seek Local Advice.
- ◆ Always Leave A Route Card.
- ◆ Conserve Energy.
- ◆ Know Your Limitations.
- ◆ Safety In Numbers.

- ☞ **H**ave a map, compass, whistle, knife, FFD, notebook and pencil
- ☞ **A**lways wear the correct clothing and carry spare
- ☞ **V**ictuals in case of emergencies
- ☞ **E**nsure you carry the correct equipment and know how to use it
- ☞ **R**emember the international distress signal
- ☞ **S**eek local local advice
- ☞ **A**lways leave a route card
- ☞ **C**onserve your energy
- ☞ **K**now your limitations
- ☞ **S**afety in numbers

Individual Dress And Equipment

Windproof Smock Containing the Following :-

- ◆ FFD.
- ◆ Compass.
- ◆ Knife.
- ◆ Whistle.
- ◆ Survival Bag.
- ◆ Map.
- ◆ Route card.
- ◆ Notepad And Pencil.

(cont)

- ◆ Emergency Rations.
- ◆ Matches / Lighter.
- ◆ Hat.
- ◆ Gloves.
- ◆ Head over.
- ◆ Survival Bag.
- ◆ Wristlets.
- ◆ Goggles.
- ◆ Lip salve.
- ◆ Contact Gloves.
- ◆ Survival Tin.
- ◆ Waxes / Scraper.

Individual Bergen

- ◆ Spare Trousers.
- ◆ Underwear.
- ◆ Shirt.
- ◆ Socks.
- ◆ Spare Hat And Gloves.
- ◆ Quilted Suit (buffalo).
- ◆ Combat Helmet.

(cont)

- ◆ Triple Bowline (As Directed).
- ◆ 2 X Screw Gate Krabs.
- ◆ Bivvy Bag.
- ◆ Duvet Boots.
- ◆ Candles.
- ◆ Snow Brush.
- ◆ Toe Covers.
- ◆ Sleeping Bag.
- ◆ Roll mat.
- ◆ Shelter.
- ◆ Cooker / Fuel.
- ◆ Cooking Pot.
- ◆ KFS / Mug.
- ◆ Rations.

Group Equipment

- ◆ 11mm Black Marlowe Rope (As Directed).
- ◆ Mini Flares.
- ◆ Air Panels.
- ◆ Group Med Pack.
- ◆ Signals Equipment.
- ◆ Hjelper Sledge.
- ◆ Ski Repair Kit.
- ◆ Ice Axes (As Directed).
- ◆ 10 Point Crampons (As Directed).
- ◆ Avalanche Probes.

Note!

- ◆ All The Clothing Is To Be Waterproofed .
All Equipment Is To Be Serviceable.

QUESTIONS?



