bjornsnowsport.com

BACKCOUNTRY INFO GUIDE NISEKO

AVALANCHE REPORT

SOS Card

- Niseko Hirafu 0136 22 3760
- Niseko Hanazono 0136 23 0104
- Niseko Village 0136 44 2211
- Niseko Annupuri 0136 58 2080
- Niseko Moiwa 0136 59 2511
- Police 110
- Fire - Rescue 119

Calling for help - Crucial information

- Who is reporting (Name, telephone number, your location)?
  - Coordinates long press on map
  - First numbers are North ------
  - Second numbers are East ------
- What has happened?
- Where did the accident take place?
- When did the accident occur?
- How many victims have been buried completely?
- How many rescuers are on site?
- Weather at the accident site?

FIRST AID TO KNOW



AIRWAY AND BREATHING

Clear mouth/nose of snow.
Check for breathing. If none, start CPR immediately.

CPR BASICS

30 chest compressions,
2 rescue breaths (if trained).
Continue until breathing resumes or help arrives.





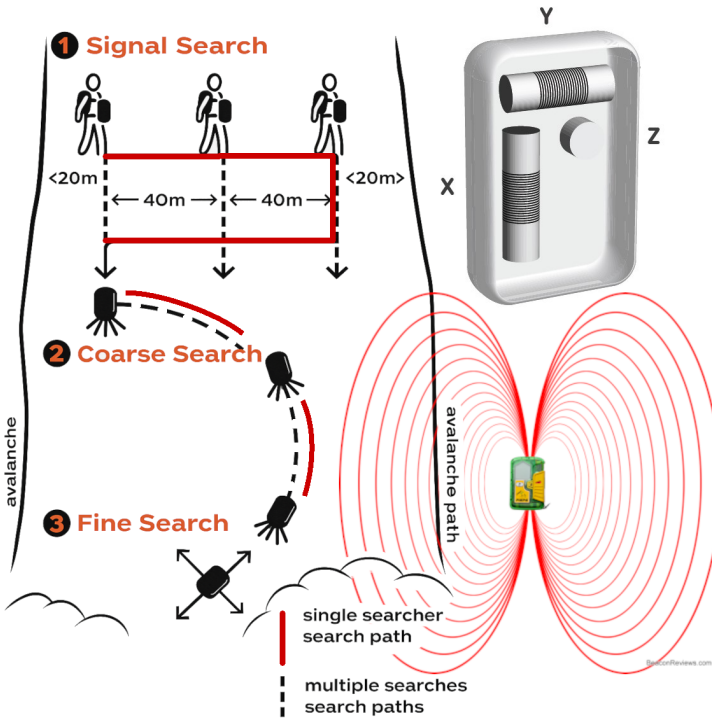
TREAT HYPOTHERMIA

Gently remove wet clothes and insulate with dry layers/blankets.
Avoid rapid movement: do not rub extremities.

FRACTURES/TRAUMA

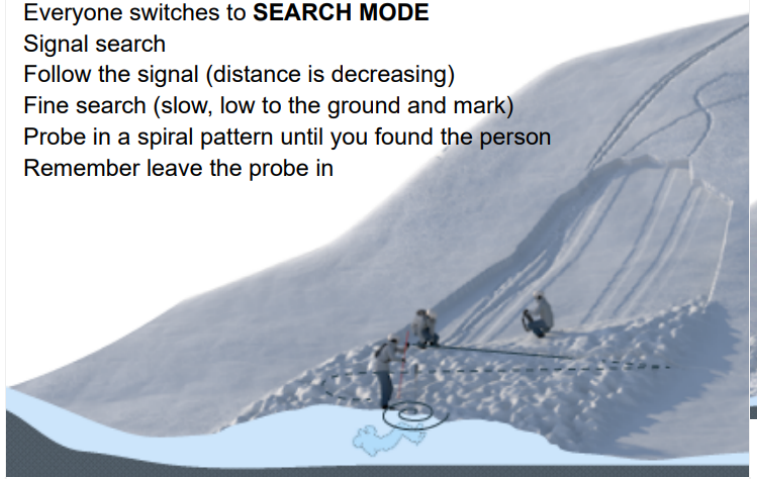


Immobilize with splints (ski poles, foam, etc.)
Pad and secure with clothing, straps, or bandages.



Avalanche - What next?

Observe and remember the last known location
Take a deep breath, relax and get an **OVERVIEW**
Everyone switches to **SEARCH MODE**
Signal search
Follow the signal (distance is decreasing)
Fine search (slow, low to the ground and mark)
Probe in a spiral pattern until you found the person
Remember leave the probe in



Shoveling

Arrange diggers in a V shape
Shovel along the Probe
People behind you move the snow back and away
Rotate the diggers



Quickly uncover victims head and chest