**Hazards:** MSI injuries, deep snow, deep tree wells (3 metres)

**Equipment:** Refer to ACMG/CAA equipment lists

**Personal protective equipment:**

There is no specific requirement for personal protective equipment in this procedure. Workers are encouraged to wear all personal protective equipment required by the hazards of the work activity.

**Training required:** Systematic digging techniques as per ACMG/CAA guidelines

**Legal requirements:**

## Safe Work Procedure

**Shoveling:**

* Locate the Subject skier with the use of a probe
* Rescuers must align themselves downhill in a V shape with the apex of the V at the avalanche probe that marks the subject*.* ***Note:*** *Flat terrain (0 to 5 degrees slope inclination) = 2x burial depth steep terrain (20 to 25 degrees slope inclination) = 1x burial depth 1 rescuer for each 80cm of the V.*
* Each rescuer is responsible for the area immediately to the left and right to keep it clear of snow.
* Rescuers at the apex must use a cut and dig motion while alternating hands to prevent repetitive strain injury
* Rescuers in the back must use a paddling motion to clear the snow
* As the width increases on the V, the rescuer does not need to go as deep and therefore has less cutting.
* Begin shoveling a ramp down to the Subject.
* At the signal of the lead guide, all rescuers must rotate positions in a clockwise fashion every 4 minutes to reduce muscle fatigue and repetitive strain injury.

**First contact with Subject:**

When the Subject is reached, the head side of the orientation can be determined.

* The second and third person’s shoveling must widen the apex and begin hollowing a cave to extract the subject. Be careful to not injure the Subject.
* The probe can now be removed because there is direct contact with the subject.
* The remaining helpers should continue to clear the ramp to facilitate easy extrication.

When the head is located, the rescuers must determine whether or not an air pocket exists. Air pocket assessment at this stage critically affects the type of care that is administered and should not be overlooked!

**Extrication:**

Once the head is reached one rescuer takes vitals and administers Basic Life Support (BLS) while the additional helpers carefully clear the rest of the body and the ramp for extrication.

When advanced life support arrives, the helpers should move to a position where they can prepare a path for the Subject to be extricated with a stretcher and toboggan. This is the interface to organized rescue.