

Ramble – Medical Response Plan

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Scope

This document outlines the available resources in terms of medical assistance for my Ramble being conducted in North East Victoria and the Snowy Mountains over the Melbourne Cup Holiday weekend.

Key Points

This area of Victoria and New South Wales has little to no emergency services for medical assistance. The only option for medical assistance past first aid is via air (helicopter).

The group is carrying a handheld GPS to provide accurate coordinates to Emergency Services if required.

Resources

- 3x Qualified First Aiders – Level 2 First Aid:
 - Lachlan Gordon
 - Bianca Vincent
 - Matty McKernan
 - All have experience in outdoor activities
- 2x First Aid Kits
 - Both are St John Ambulance “Off Road” First Aid Kits:

BANDAGES - VARIOUS
TAPE HYPO-ALLERGENIC
BANDAGE TRIANGULAR
SWABS GAUZE STERILE
COMBINE PAD
DRESSING WOUND NO.14
DRESSING BURNS SHEET
DRESSING NON-ADHERENT
PAD EYE - LARGE
STRIPS ADHESIVE IN BOX
SWABS ALCOHOL
SCISSORS S/S-SHARP

Additional Items Added:
Pocket Mask
Self Freezing Ice Packs
Self Heating Packs

FORCEPS S/S-SHARP 12.5CM
BLANKET EMERGENCY SHOCK
SAFETY PINS IN BAG X 12
NOTE PAD & PENCIL IN BAG
TOWELS DISPOSABLE IN BAG X 3
Resus-O-Mask
PLASTIC BAG RESEALABLE 150 X 230MM S.J
SALINE STERITUBE 15ML
SPLINTER PROBES
ANTISEPTIC CETRIMIDE STERITUBE- 1 IN BAG
WIPES ANTISEPTIC X 10
GLOVES NITRILE x 2 IN BAG- MED
EMERGENCY FIRST AID - BOOK
EGO SOOV BITE Gel 25 g

Response

- If someone is injured or hurt, then that person will be treated by one of the first aiders on the trip.
- If further assistance is required:

- Obtain medical assistance from the nearest hospital if it is within easy access as defined by the severity and location.
- Obtain medical assistance by contacting emergency services via the communications plan.
- All vehicles must have a passenger who is capable of driving if the driver is unable to continue to drive. Additionally, some vehicles have a third passenger which can drive also.

Medical Services Locations – Entire Trip

There are two hospitals with relatively easy access. These are:

Bairnsdale Hospital
 122 Day Street
 Bairnsdale
 03 5150 3333

Omeo District Hospital
 Easton Street, Omeo
 03 5159 1233

There are no other hospitals nearer to the locations we are travelling on this trip.

Helipads

Day 1 – Return to Dargo

Day 2:

Option 1: Near Doug's Track (WPT D2-3): UTM 55H 536945E 5880028N GDA94
 Other options: Swifts Creek, Buchan

Day 3:

No bush helipads available, however landing areas possible along Snowy River Road, Gelantipy, Seldom Deen. Any major locality along Snowy River Road

Day 4:

Option 1: Ingeegoodbee Track (Near WPT D3-4): UTM 55H 619728E 5914366N
 Option 2: Davies Plain Hut (Near WPT D3-17): UTM 55H 600221E 5942154N
 Option 3: Tom Groggin Campsite (WPT Day 4 – CAMP): UTM 55H 601669E 5955794N

Day 5:

No bush helipads available. Possible landing areas at campsites, but these need to be investigated before use.