



# MOUNTAIN EMERGENCY MEDICINE COURSE WINTER

including the AHEMS topics according to DiMM  
Regulations (ICAR, ISMM, UIAA)

## Course program

### Day 1

- Introduction to mountain rescues in the Alps
- Helicopter procedures / operations (tactics / dynamic hoisting / longline)
- Hovering and longline operations practice on the ground
- Lunch
- Training with the helicopter (hovering + longline) in mountain terrain

### Day 2

- HEMS session 1 and 2
- Medicine (AMS / HAPE / HACE)
- Demonstration of professional crevasse rescue equipment
- Flight to Testa Grigia by helicopter, staying at the Theodul mountain hut

### Day 3

- Movements on glaciers
- Improvised crevasse rescues
- Organized crevasse rescues with tri-/ bipod
- Helicopter operations on the glacier
- Medicine (cold injuries, avalanche and hypothermia)

### Day 4

- Terrestrial rescues
- Crew resource management

### Day 5

- Avalanche theory
- Avalanche skill stations (avalanche transceivers / probing / shoveling)
- Medicine (advanced life support for avalanche victims (ICAR checklist))

### Day 6

- Skiing up to 4164m (Breithorn)
- Survival
- Night rescue exercise

### Day 7

- Rescue on the ski slopes
- HEMS session 3

### Day 8

- Questions and discussion
- Exam
- Conclusion

### Point of contact

Air Zermatt Training Center +41 27 570 70 70 or by e-mail at [training@air-zermatt.ch](mailto:training@air-zermatt.ch)