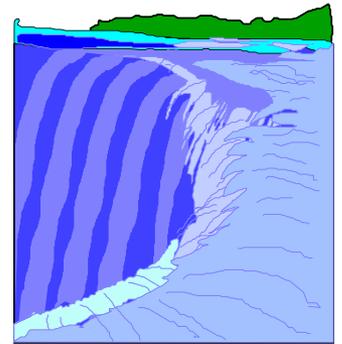
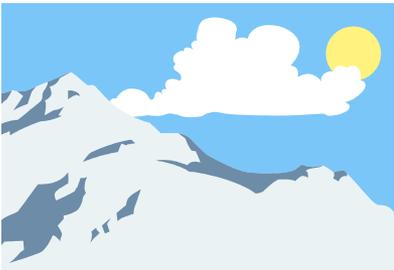


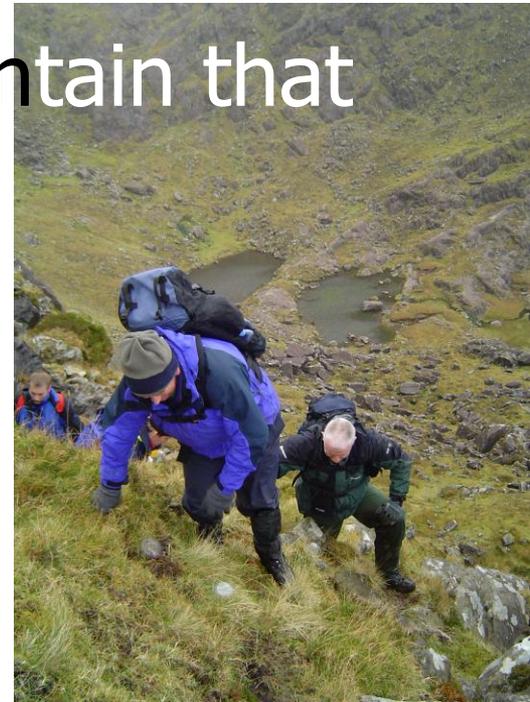
Mountain Hazards

Topographic



Topographic Mountain Hazards

- ⌘ Hazards to do with the Physical Mountain Environment
- ⌘ The shape and nature of the mountains
- ⌘ Can you list aspects of the mountain that may cause a hazard?



Steep slopes

⌘ Danger of injury

- ⌘ *the higher the angle of the slope the greater the chance that a stumble or trip may lead to falling or rolling out of control*
- ⌘ *coming downhill on steep slopes can lead to repetitive strain injury particularly to the knees*



Steep slopes

⌘ Risk from loose rock

Steep slopes are often unable to sustain Vegetation growth & so steep slopes are often composed of crags , cliffs or loose rock.

When we travel in these areas we are at risk from

- ⌘ *spontaneous rock fall*
- ⌘ *stonefall caused by the passage of other mountain users*
- ⌘ *stonefall caused by ourselves*



Reducing risks from Steep slopes



- ⌘ Taking appropriate training on techniques for use in negotiation steep ground
- ⌘ Learning to take care on loose or unconsolidated ground
- ⌘ Wearing suitable equipment where the danger is established prior to departure :-
Boots (helmet)
- ⌘ Use of walking poles to reduce strain

Rugged Terrain



⌘ Describes the lack of uniformity on the slopes of the mountain

⌘ Rugged terrain includes

- ⌘ *boulder strewn ground*
- ⌘ *peat hags*
- ⌘ *crags and outcrops*
- ⌘ *boggy ground & bog holes*
- ⌘ *undulating slopes (up& down)*

Hazards of Rugged Terrain



- ⌘ Cause of twisted ankles and other injury
- ⌘ Can make travel in the mountains slow and tiring
- ⌘ Can make navigation difficult resulting in people getting lost or benighted

Reducing risks from rugged terrain



- ⌘ Appropriate level of fitness
- ⌘ suitable attire
- ⌘ develop good route-planning skills
- ⌘ Suitable equipment basic equip. - boots & emergency equip. - walkers rope
- ⌘ develop skills to cope with unforeseen injury

Water hazards



- ⌘ People have drowned in Ireland while hillwalking
- ⌘ even small streams swell enormously when there is heavy rainfall
- ⌘ the prime site for mountain rescues in Wicklow is Glenmacnass Waterfall

Reducing the risks from Water hazards

- ⌘ Good route planning avoids dangerous river crossings
- ⌘ Learn appropriate techniques for crossing swollen streams
- ⌘ Carry suitable **equipment for emergency crossings**



Remoteness



- ⌘ Hillwalking areas may be many miles from the roadside.
- ⌘ Travelling into the hills, a person needs to carry suitable resources for the sustenance of life
- ⌘ In the event of an accident or illness, there may be difficulty in accessing help for a casualty

Reducing the risks associated with being in a remote place



- ⌘ Carrying appropriate equipment
- ⌘ having a means of summoning help and communicating
- ⌘ having knowledge of techniques required for emergency evacuation from the hillside