



(Name of project or trailhead) Emergency Action Plan

Emergency (EMT, police, ambulance): CALL 911

Non-emergency numbers: Use local info from Carlton, St Louis, Lake, or Cook County

- Hospital:
 - Cook Co North Shore Hospital, 515 5th Ave W, Grand Marais, MN 55604 218-387-3040
 - Lake View Hospital, 325 11th Ave, Two Harbors, MN 55616, (218) 834-7300
 - St Luke's Hospital, 915 E 1st Street, Duluth, MN 55805, 218-249-5555
 - St Mary's Medical Ctr, 401 E 1st St, Duluth, MN 55805, 218-786-4000
- Cook County Law Enforcement Center: 218-387-3030
 - Lake County Sheriff, 613 3rd Avenue, Two Harbors, (218) 834-8385
 - St Louis County Sheriff's Office: 218-726-2340
 - Carlton County Sheriff, 317 Walnut Ave, Carlton, MN 55718, 218-384-3236
- Tamer Ibrahim, SHTA Trail Operation Director:
- Barbara Budd, SHTA Volunteer and Education Coordinator:
- Lisa Luokkala, SHTA Executive Director:

IF THERE IS AN INJURY: Never leave the injured person alone. Have the person with the highest level of medical training assist the patient.

Life Threatening Injuries:

- Treat and stabilize as best you can.
- Call or text 911. If there is no cell service, send someone to the nearest vehicle to get into cell range. Does someone have a Zoleo or InReach? This can be used for SOS, although getting to cell range might be faster in some cases. Cell reception is often more likely at the trailhead or along Highway 61.
 - An emergency call will use *any* cell tower regardless of carrier - even if you have no signal, give it a try.
- Text to 911 is now available. Texts may often get out when a call will not. Only use this option if calling is unavailable.

Directions:

 - Enter the numbers 911 in the "To" field.

- Text your exact location and type of emergency.
- Send the message.
- Promptly answer questions and follow instructions.
- The name of the trailhead is “Name of Trailhead” on Name of Road.

Not life-threatening, but medical attention needed: If cell reception is unlikely, and it may be necessary to transport the injured on your own.

Minor injury: The crew has at least one person trained in First Aid/CPR with basic medical supplies and an AED.

Use hospital from Grand Marais, Two Harbors, or Duluth as appropriate

Clinic/Hospital:

218-387-3040 Cook Co North Shore Hospital, 515 5th Ave W, Grand Marais MN 55604

(218) 834-7300, Lake View Hospital, 325 11th Ave, Two Harbors, MN 55616

St Luke’s Hospital, 915 E 1st Street, Duluth, MN 55805, 218-249-5555

St Mary’s Medical Ctr, 401 E 1st St, Duluth, MN 55805, 218-786-4000

Directions from the trailhead: Update for each specific trailhead

(For example)

- Drive south to Hwy 61.
- Turn left (north) on Hwy 61 and drive 10.4 miles to Grand Marais.
- Turn left onto 5th Ave W.
- In 0.5 miles, the hospital will be on your left.

Directions from the campground: Update for each specific campground

(For example)

- Drive south to Hwy 61.
- Turn left (north) on Hwy 61 and drive 10.4 miles to Grand Marais.
- Turn left onto 5th Ave W.
- In 0.5 miles, the hospital will be on your left.

Thunderstorm protocol:

- Get to the trailhead and into the cars. This will be safer than being in the woods uncovered.

Remember: A safe, positive experience is more important than finishing the project. Anyone can call for a rest break or safety check at any time. You should not feel any pressure to work beyond your limit. Frequent rest breaks are essential.

If you feel unsafe, say something immediately!