

## COMMAND TASK 10 - Stretcher

### Equipment

- 30m rope (6-11mm diameter)
- 5ft plank wrapped in old blanket (dummy casualty)

### Scenario

Your team are midway through a mountain training exercise when one person slips and injures their leg. You must get them quickly and safely to the nearest Mountain Rescue post, where you will find emergency medical supplies. Your companion is unable to walk, and must be carried to the Mountain Rescue post on an improvised stretcher. All you have available is 30m climbing rope, but you know that a stretcher can be made using this. Time is short and you must work quickly to produce a safe and comfortable stretcher.

### Aim

To make a rope stretcher in 20 minutes that will carry a dummy casualty for 100m.

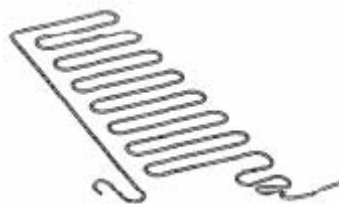
### Rules

- **Only the dummy may be carried. Rope stretchers should only be made and used by trained personnel in emergency situations.**
- Only the rope may be used to make the stretcher.
- The stretcher must provide support all along the length of the dummy.
- The stretcher must not unravel whilst the dummy is being carried 100m

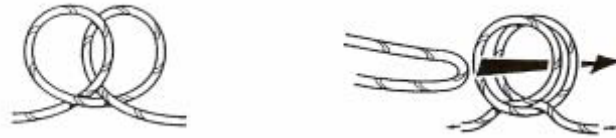
### Solution

There are a number of ways of constructing a rope stretcher. The simplest is the clove hitch stretcher, which is constructed as follows:

1. Lay out 8-10 loops from the centre third of the rope, to form the 'bed' of the stretcher. This need only be as long as the casualty, or in this case the plank, and about 25-30 cm wider.



2. Take the long tail of rope on one side, and use it to tie a clove hitch near the end of each loop, leaving a 10cm loop sticking out beyond the clove hitch.



3. When one side is complete, repeat along the other side.



4. Thread the remaining rope tails through the small loops, until none remains.
5. The clove-hitches can now be pulled outwards to trap the rope tails in the small loops.



6. Finally, ensure each clove hitch is tight, and that the transverse ropes form an even support for the casualty (plank).
7. The stretcher is now ready for use.