Beth's fall was high energy: a 20-foot drop with a swing into the wall, impacting her hip and head in sequence. The helmet damage, momentary unresponsiveness, and "dazed" sensation indicate she has a moderate concussion. While she is now awake and alert, the combination of head impact and her brief loss of consciousness warrants careful monitoring. Her anticipated problem is a severe concussion. Watch for a worsening headache, confusion, and drowsiness.

Because she took a high-energy fall with head impact, perform a focused spine assessment. Confirm she is reliable with no spine pain, no midline spinal tenderness, normal motor exams on her hands and feet, and no distracting injuries that prevent assessment.

1. If the focused spine assessment is negative (all criteria met), you rule out a spine injury and focus on treating her head and leg injuries.

2. If the assessment is positive (any criteria not met), treat her as having a possible spinal injury: maintain spinal precautions, avoid unnecessary movement, pad and protect her in a neutral position, and increase evacuation urgency to Level 2 and get or call for a commercial litter and evacuation assistance.

Her inability to bear weight on the right leg, coupled with visible swelling and bruising high on the thigh, indicates an unstable injury—likely a severe quadriceps contusion or possible pelvic fracture. The pelvis appears stable on gentle compression, and there are no signs of abdominal injury, but pain at the right iliac crest and thigh warrants caution.

Keep her in a position of comfort with padding under the injured hip and thigh, protect her from further environmental stress, and maintain hydration with sips of water if she tolerates them. Offer oral over-the-counter pain medication if she has no contraindications. Continue to monitor for a severe concussion for the next 24 hours.

Begin a Level 3 evacuation. If she can later bear weight with support and pain control, assist her to walk out with trekking poles or improvised crutches. If not, arrange a litter carry or other assisted transport. Request medical assistance as soon as possible, and prepare to escalate evacuation urgency if her neurological status declines, if she develops severe or worsening hip pain, or if any new symptoms appear.