Mountaineer Falls from Ridge

An assistant mountaineering guide died when he fell from a mountain ridge. He was part of a five-man team descending from a high-elevation camp when he saw one of the team slip on a rocky section and have trouble regaining his footing. The victim unclipped from the group’s rope and walked toward the fallen climber, then lost his own footing and slid down the slope toward a glacier. He couldn’t stop his fall, even with his ice ax. His body was recovered later.

You may not be a mountaineer, but you might have to rescue someone in some other setting. Are you well trained in the relevant and proper assist-and-rescue techniques?