

Emergency Action Information

Making/recognising a distress signal

- Six quick successive whistle blasts
- Torch flashes
- Wearing bright clothing or survival bag
- Repeated every minute

On hearing a distress signal

1. Confirm ID of signal
2. Do not reply (signal may then stop)
3. If distant, mark your position on map if there is time

Before going for help

1. Do not endanger self or group trying to help
2. Mark on map – location – time – ascend details, name, age, sex, address of victim

Incident management

1. Safety – of group, casualty, others
2. Shelter – warm clothes, insulation, shelter
3. First Aid – ABCDE (see below)
4. Get help –
 - Phone 999/112 and ask for Police then Mountain Rescue*
 - Use whistle (6 blasts) or torch
 - Make yourselves visible eg high viz clothes, orange bivi bag
 - Send 3 people for help if necessary

* *Phoning or sending for help - have information ready:*

- what help needed
- location – 6 fig grid ref and/ or GPS plus landmarks & access
- what has happened
- how many people ill or injured.
- what kit do you have (eg warm clothes, first aid, food & drink, group shelter)
- number and state of rest of group
- contact options (eg second phone)

First Aid Priorities

Medical Emergencies needing immediate 999/112:

Any uncontrollable airway, breathing or bleeding issues, eg severe asthma attack; anaphylaxis; choking; shock; heart attack; fit/seizure; diabetic high/ low blood sugar levels, head injury leading to unconsciousness

A	Assess	What happened? History? (eg illness? or accident?)
	Danger?	Is it safe to approach? Think vehicles/ bikes; steep terrain; loose rock, etc
	Mechanism of injury?	If the casualty suffered a fall or big impact or you suspect broken bones

DO NOT MOVE casualty unless they are in danger or you need to maintain their airway

A	Alert Response?	If the casualty is conscious but injured keep them still and keep them warm and dry
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If the casualty is **UNCONSCIOUS** then:

A	Airway	Open the airway by tilting the head back and lifting the chin
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B	Breathing	Look, listen, feel for normal breathing
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C	Circulation	If the casualty is not breathing or is just making noisy gasps call 999 immediately and start CPR (30 compressions (depth 5-6cms, rate 100-120/min) : 2 breaths)
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If the casualty is breathing – is there any major blood loss?
Apply direct pressure to wounds

Treat for shock – lie down on mats/insulation - head down and legs raised (do not raise if legs, hips or spine are damaged).
Keep the casualty warm, keep reassuring and keep monitoring

D	Damage/deformity	Head to toe check looking and feeling for anything unusual. Check for medic alerts eg bracelet, neck chain, medical card, tattoo
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E	Emotional well being of casualty	Keep talking to them
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	Environment	Insulation, shelter, angle of slope, dangers
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