

## Heart Attack

- Call 999/112 as per Emergency Procedures card.
- Sit them against a tree, a wall, or the legs or back of another walker.
- Offer them an aspirin (300mg) to chew slowly.
- Give constant reassurance and prepare to resuscitate if necessary.

## Fractures

- Immobilise the injured part.
- Support the injury with clothing to prevent unnecessary movement.
- Call 999/112 as per Emergency Procedures card.
- For upper arm injuries ask them to support the limb with their hand.

## Bleeding

- Put pressure on the wound to stop or slow down the flow of blood.
- Call 999/112 as per Emergency Procedures card.
- Keep pressure on the wound until help arrives.

## Shock

- Treat the cause. Prepare to resuscitate if necessary.
- Help them to lie down. Raise and support the legs.
- Reassure them. Do not give them anything to eat or drink.
- Call 999/112 as per Emergency Procedures card.

## Sprains and Strains – RICE

- **R**est the injured part.
- **I**ce is best, or use a cold wet cloth or item of clothing.
- **C**omfortably support.
- **E**levate the injured part.

## Hypothermia

- Call 999/112 as per Emergency Procedures card.
- Your aim is to warm them up gradually.
- Take them to a sheltered place. Remove and replace any wet clothing.
- Wrap them in an Emergency Blanket or use any other insulating material – preferably clothing but possibly dry leaves or heather.
- Remember to cover their head. Put insulating items underneath them.
- Give warm drinks and high-energy foods.

## Heat exhaustion

- Call 999/112 as per Emergency Procedures card.
- Help them to a cool place in the shade.
- Get them to lie down and raise their legs.
- Give water in small amounts frequently till they recover.