

## **In the Event of an Incident**

- Stay calm. Ask if there is a First Aider in the group.
  - Take time to assess the situation and decide what to do.
  - What should be done immediately to safeguard the group?
  - If anyone is injured, refer to the **Treating Injuries card**.
  - **ABC** – **A**irway, **B**reathing, **C**irculation (signs of life/blood loss).
  - Treat any injuries - remember the first principle “do no harm”.
  - Make casualty warm and comfortable. Insulate from the ground.
  - Place any unconscious casualties in the “recovery position”.
  - Find and read the casualty’s **Personal Details and Emergency Contacts card** and check for any health conditions or medication.
  - Determine your exact position on the map. Consider the options for:
- (a) **Moving to safety**  
What is the terrain like?  
Can you carry or support the casualty on the way?  
Will their injuries be made worse by travelling?
- (b) **Finding shelter**  
Don’t use valuable time and energy unless you are sure about finding shelter.
- (c) **Staying put**  
Will your situation be resolved if you stay?
- (d) **Seeking help**
- Be aware that help may not arrive for several hours.
  - If seeking help, make the location of the casualty as visible as possible e.g. by as many people as possible wearing hi-vis and, at the appropriate time, using head torches in “flashing” mode.

**You might decide to seek help and still do (a) or (b) or (c).**

## If You Decide to Seek Help

- Complete the ***Incident Details card***.
- If you have a mobile phone, conserve and evaluate battery life available. Avoid unnecessary calls.
- If mobile coverage is poor consider phoning from another location.
- Check if anyone else in the group has a mobile with coverage.

## If Going For Help On Foot

- If possible leave at least one person with the casualty, send two or more people for help and take more than one mobile phone.

## If Phoning For Help

- Dial 999 or 112 and ***ask for Police, then Mountain Rescue.***
- Give all your prepared details of the incident.
- Do NOT change the casualty's location until contacted by the Rescue Team.
- If you have to call 999 again, use ALL the above procedure again.

## If Texting 999 or 112 for help from a registered mobile

- If you cannot make voice calls, try texting 999 or 112.
- ***In the text***, you should specify "Police", then "Mountain Rescue" and include the information specified above.

## Emergency Signals

- To alert search parties to your location, give six blasts on a whistle or six flashes on a torch, at one-minute intervals.
- If they can, they will give three blasts or flashes.