

Action in an Emergency – Injury / Illness

The following is a set of prompts, designed to assist you as leader to follow correct procedures in the event of an incident or accident occurring during your walk.

In the majority of incidents common sense will apply.

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- 1. STOP & ASSESS**
- 2. Check safety of area**
- 3. Consider the safety of yourself and the group**
- 4. Are you the most experienced person to deal with the situation OR can a member of the group help?**
- 5. Delegate someone to take charge of the group while you attend to the needs of the ill/injured person. In poor weather conditions both the group and casualty need to be kept warm**
- 6. Decide if Mountain Rescue Service is required, and if so**
 - a. Fill in the Information for Mountain Rescue (grey form) and delegate two others to go/call for help - emergency phone no. 999/112.**
 - b. Fill in the Casualty Check Card (green form) to the best of your ability – ask someone to record for you**
 - c. Continuously monitor injured/ill person and record vital signs on the green form.**
- 7. Provide necessary treatment and comfort**

“You may never know the results of your actions

But if you do nothing There will be no result”

Mahatma Gandhi