



Emergency Procedures In the event of an incident

- Stay calm. Take time to assess the situation and decide what to do.
- What should be done immediately to safeguard the group?
- If anyone is injured, remember ABC – airway, breathing and circulation (signs of life/blood loss)
- Treat any injuries (remember the first principle ‘do no harm’)
- Insulate casualty from the ground, add extra clothing. Place any unconscious casualties in the ‘recovery position’.
- Determine your exact position on the map and consider the options for:
 - (a) **Descent to safety.** What will the terrain be like? How far to reach safety? Are you sure you can carry the casualty? Will the casualty’s injuries be made worse by travelling?
 - (b) **Finding shelter.** Don’t use up valuable time and energy unless you are sure about finding shelter.
 - (c) **Staying put.** Will your situation be resolved if you stay where you are?
 - (d) **Seeking help** (remember that even when a rescue team has been alerted, help might not arrive for several hours).

If you decide you need help and you are calling from a mobile phone – Phone 999 and ask for POLICE and MOUNTAIN RESCUE

- Try to conserve battery life by having all the details to hand before phoning. A list of the details needed is shown below.
- If there is no mobile coverage at your location, consider whether it might be worth moving to another location to phone from.
- Check who else in your party has a mobile phone (and coverage) and evaluate the amount of battery life available in the event of additional calls being necessary.
- If mobile reception is poor and you are unsuccessful dialing 999, try the **alternative emergency no of 112.**
- If this fails, try sending a text to a friend.

When connected provide:

- (a) Location of the incident (grid reference, map sheet number, name of mountain area and description of the terrain).
- (b) Number and names of people in the party and their condition.
- (c) Any injuries and names of casualties.

Be ready to provide the following additional information:

- Telephone number of the phone you are using and any other phones in the group.
- The nature and time of the incident – what happened?
- Weather conditions including wind speed and visibility at the accident site.
- Equipment which is at the accident site (warm clothing, group shelter etc)
- Any distinguishing feature/marker/colour at the accident site.
- Location of where you are phoning from – if different from accident site.

If going for help on foot:

- Remember to take all the details shown above. Write them down if possible.
- If possible, leave at least one person with the casualty.
- If possible, send two or more people for help.
- Make the casualty’s location easily seen by search parties.

EMERGENCY SIGNAL: SIX BLASTS ON THE WHISTLE or SIX TORCH FLASHES repeated every minute.