



# Emergency Procedures

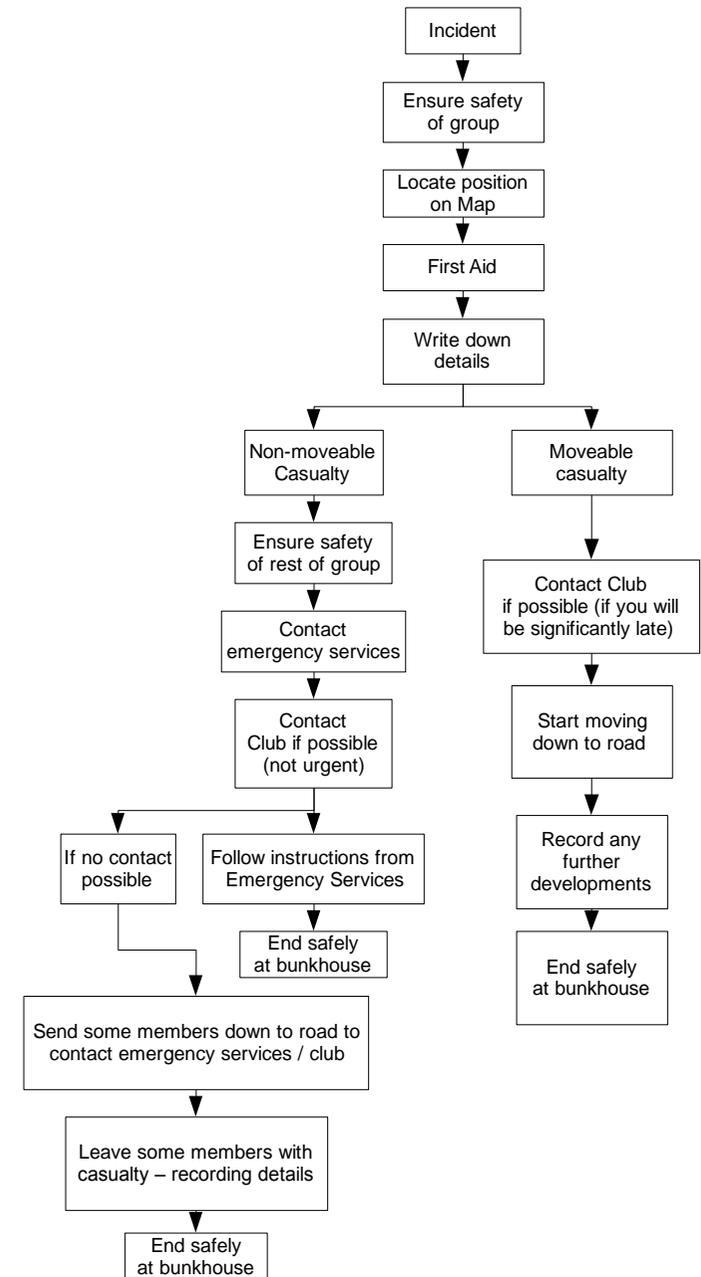
These can never cover every eventuality, and members should use their own judgement and experience to complement these guidelines. This is a very simplified guide, to serve as a basis for members. Members should look to increase their knowledge of emergency procedures by talking to experienced members of the club. Members with relevant First Aid Qualifications or MLTUK training should follow guidelines shown on their course.

At all times, the overall group safety (including non injured members) is a priority.

Advice given by the emergency services should be taken above any guidelines here.

## To find yourself:

1. Find your last known position on the map.
2. How long have you been walking since?
3. What type of ground have you walked over – make a few guesses as to where you could be – the more the better.
4. Prove each guess wrong methodically. If you end up with somewhere you cannot prove wrong – you might be at that position.
5. Prove things wrong by setting the map and comparing the map to the ground around you and remembering the events between your last known position and current location.
6. Relocation may require walking around slightly. Do not go out of sight of the rest of the group.



### **Moveable / Non-movable Casualties:**

A movable casualty is one that will whose condition will not deteriorate if moved, or who will benefit less from staying put than moving (eg Sprained Ankle, minor injuries).

An non-moveable casualty is one that the risk of getting cold and waiting for rescue (4 hours minimum) outweighs the risk of moving them (eg broken leg / suspected back injury)

### **Contacts:**

999 for Emergency services – ask for Police, who will organise Mountain Rescue

Club contacts are given on the route card and should be carried on every walk

Details needed before phoning

1. exact *location* of the accident - use a 6 figure grid reference
2. a *description* of the accident, time it happened, nature of injuries as far as is known
3. *action* taken by the party

Details that should be noted while waiting rescue (or during descent if moveable). Write these down with times attached if possible. The more detail the better.

1. Any worsening of known injures
2. Lapse of consciousness
3. Any other injuries noticed

4. Any treatment given (in general no treatments should be given)
5. Condition of other members of group.

### **Distress Signal:**

For use only in emergencies, when extra help from nearby parties is of use, or to alert rescue services as to your location.

The standard distress signal is 6 blasts of a whistle in quick succession, repeated at 1 minute intervals. Or use a torch or items or clothing to attract attention.

The standard reply is 3 blasts in quick succession at 1 minute intervals.

Both parties should continue blasting at 1 minute intervals until full contact is made – it is no use alerting someone to your problem, but not allowing them to find you.

Unless you need assistance, never take any action which could be mistaken as a distress signal e.g. waving at helicopters.

This document is a designed to be read along with the ‘Safety Policy’ and ‘Mountain Guidelines’.