

Current location of party:		Grid Reference:	
Description of location – including type of shelter, colour of shelter etc:			
Total size of group:		Number with casualty:	Number sent for help:
Age and condition of group			
Weather at party location			
Condition of casualty 1			
Condition of casualty 2			
Condition of casualty 3			
Equipment and food with party			
Base location and intended route			
How and when will party signal			
Mobile phone number			
Plan of action (stay or go – if so where)			
Time of incident			
Other comments			

To raise help, dial 999 and ask for police. They can call out mountain rescue to your position.

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Emergency Management

In an emergency situation:

Stop

Assess situation

- am I safe? If not make myself safe, then
- is the rest of the group safe? If not, make them safe, then:
- is the casualty safe? If not, make them safe.

Formulate a plan

- carry out first aid if appropriate
- can we help ourselves? Consider injuries; weather and daylight; size, ability and state of group; route to safety and terrain.
- if it is better to get help then get help

Execute the plan

- do whatever you have planned to do

Review the plan

- check it remains the best plan as you go and be prepared to amend it.

First Aid

Look to assist with:

Airway

Breathing

Circulation

If you have more than one casualty, in sequence, consider the following:

Breathing

Bleeding

Burns

Breaks

Bruises

Make sure the casualty is warm enough and as dry as possible. Keep somebody with them at all times to talk to them, reassure them and watch out for signs that their condition is getting worse.

To raise help, dial 999 and ask for police. They can call out mountain rescue to your position.

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