dealing with an emergency

Stay calm. Avoid rash decisions. Take time to assess the situation.

ASSESS

Rockfall? Avalanche risk? Steep ground? Check that you, the casualty, and group aren't in immediate danger. If you are, seek to make the situation safe.

If anyone is injured, start with Airway - Breathing - Circulation (look for signs of life or blood loss). Treat injuries without causing further harm. Insulate the casualty from the ground, add extra clothing. Insulate the head.

Place unconscious casualties in the recovery position. Use the group shelter if you have it.

PLAN

Now, determine your exact position on the map and consider the following options:

A) Descend to safety. What will the route be like? How far is it to the nearest safe place? Can you really move the casualty the whole way? Might you injure the casualty by carrying them?

B) Find shelter. Don't use up valuable time and energy unless you are sure about finding shelter. If there's a bothy or farmhouse nearby go there.

C) Stay put. Will your situation be resolved if you stay where you are? Did you leave a plan with anyone - if so how long until the agreed overdue time?

D) Seek help. If there is no mobile coverage at your location, consider 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. Remember that even when a rescue team has been alerted, help might not arrive for several hours. If all other forms of communication fail, give six blasts on the whistle or six torch flashes repeated every minute – but be realistic about how far these will travel.

ACT

If you need help call **999** or **112** and ask for **Police** then **Mountain Rescue**.

Provide the following information:

The location of the incident - give a six figure grid reference and a nearby feature.

The number of casualties?

What is wrong with the casualties? Are they getting worse?

What equipment do you have with you?

Your own mobile number and any other mobile numbers in the group.

Adapted from: mountaineering.scot/safety-and-skills

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