

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 first principle “do no harm”).
- Make any casualties warm and comfortable. 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).

You might decide to seek help and still do (a) or (b) or (c)

IF IT IS DECIDED TO SEEK HELP

If you have a mobile phone:

- Try to conserve battery life by having all the details to hand before phoning. A list of the details needed is shown on the other side of this card. Write them down if possible.
- 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.

WHEN PHONING FOR HELP

Phone 999 and ask for:

POLICE and MOUNTAIN RESCUE.

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 of the incident – what happened?
- Time of the incident.
- 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 For alerting other parties or directing a mountain rescue team to your location:

Six blasts on the whistle (or six torch flashes) repeated every minute

For information about mountain safety contact:

Mountaineering Council of Scotland

www.mountaineering-scotland.org.uk