

OUTDOOR EMERGENCY PROCEDURE



Stay calm, assess the situation and decide what to do.



Make sure you are in a safe location, and take action to safeguard the group.



If anyone in the group is injured 'start first aid procedures'.



Insulate the casualty from the ground, and add extra warm clothing.

Move casualty into a tent, survival bag or other shelter if it is safe to do so.



Get other group members to add extra warm clothing and take shelter in a tent or other shelter.



Work out where you are.

Write down your location (grid ref) and position and details of the casualty.



Try to contact your supervisor / home contact

Start blowing your whistle - 6 long blasts and shout for help repeat every minute.



Try phoning 'Mountain Rescue' on 999 or 112.



Prepare to go for help, decide who will go (two people), then send them for help.



Keep the group warm, and take in food and hot drinks if you can.

Wait for help to arrive.