



First Aid

Guidance for those without formal First Aid qualification

For serious situations that need professional help your responsibilities are to:

- Assess the situation (see other side of this card)
- Contact the emergency services and act on their instructions
- Support the casualty as best you are able until they are in the care of professionals

Minor injuries: be guided by what the casualty needs and offer items in your first aid kit where appropriate.

ABC CHECKLIST

A	Airway	Is the airway clear? Remove obstructions and/or place in the recovery position.
B	Breathing	Are they breathing? CPR if able and ask ambulance service for local defib info.
C	Circulation	Are they bleeding? Apply pressure to wound to reduce blood loss.
D	Damage	Check for physical damage, eg. broken bones Prevent worsening.
E	Environment	Make them comfortable. Protect from cold or heat.

GUIDANCE

CPR

- 30 chest compressions at rate of two per second:
- Then give two breaths.
- Repeat cycle until help arrives

Defibrillators (AED)

- If you don't know where the nearest one is, the ambulance will advise.
- You will need a code from the Ambulance service to access.
- Audible instructions provided – no training needed to use.

Be Prepared

Prevent a minor injury becoming an emergency by ensuring the group has kit to stay safe and warm if stopped for long period.



Emergency Action

When assistance required due to an emergency situation

PRIORITIES

- 1. Preserve life** - assess if immediate action needed to save life
- 2. Prevent worsening** - do not put yourself or others in danger
- 3. Promote recovery** - get professional assistance

ASSESS THE SITUATION

Before calling for emergency help take a moment to assess the situation.
This will help them to help you.

E	Exact location OS Locate app (in the countryside) or What3Words (in urban areas) will help
T	Type of incident What has happened?
H	Hazards What hazards are there? e.g. deep water, steep ground, falling rocks.
A	Access How can responders get to you? if not obvious
N	Number of Casualties How many casualties and what injuries?
E	Emergency Services* Which emergency services are needed?

CONTACTING EMERGENCY SERVICES

With a phone signal
Call 999 or 112

When limited phone signal
Try Emergency SMS to text a message to **999** or **112**
Register at www.emergencysms.org.uk

***Mountain Rescue**
If not close to a location an ambulance can access call 999 or 112, ask for Police then Mountain Rescue

Walk Leader Personal info

Name

Emergency contact

Name

Tel

Medical issues

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