

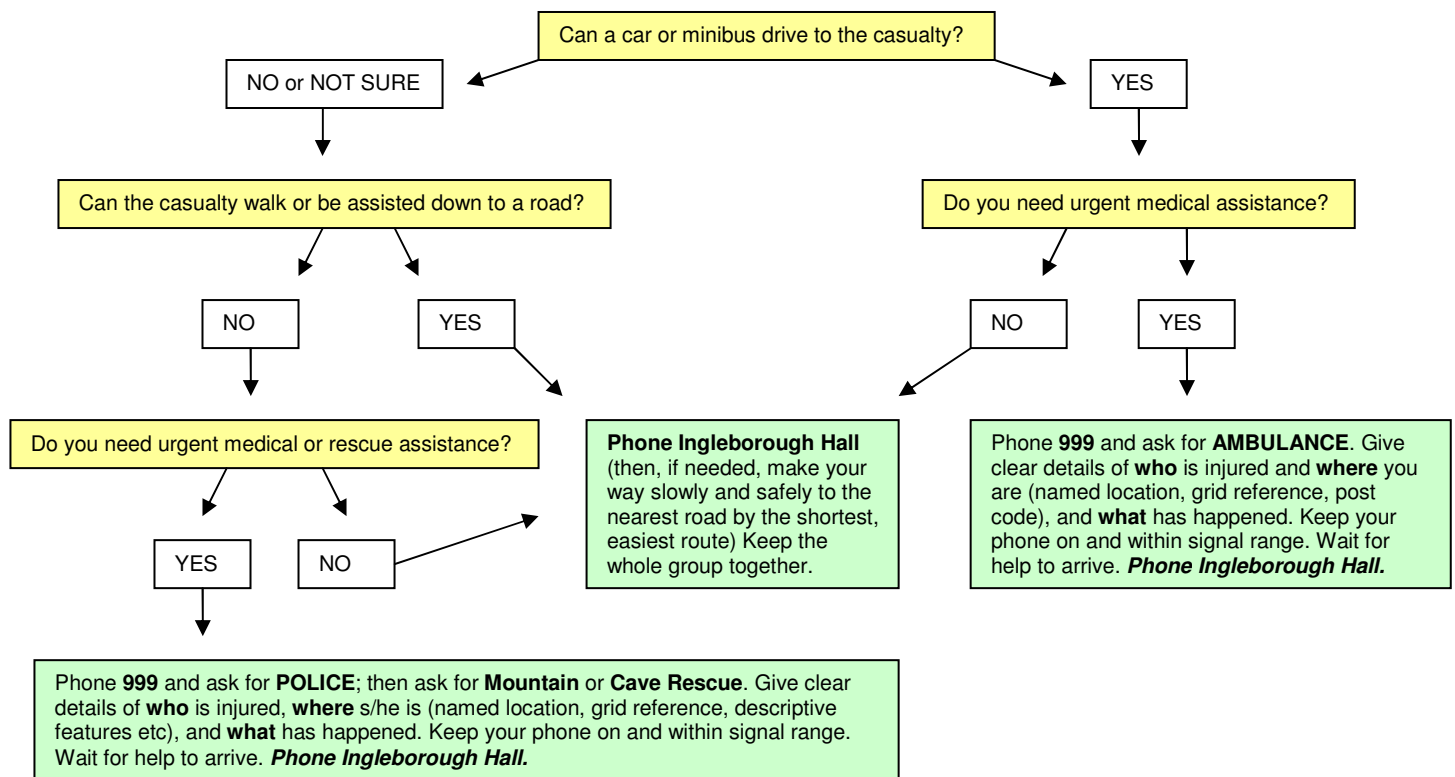
OFF-SITE ACCIDENT PROCEDURE

If an accident happens to a member of your group and injury occurs:

- 1) Safeguard the rest of your group
- 2) Safeguard yourself and the casualty
- 3) Check: **Breathing** clear airway / artificial ventilation / recovery position
 Beating (heart stop) chest compression (30:2 at a rate of 100 compressions per minute)
 Bleeding pressure pad

Give immediate lifesaving treatment

- 4) Carry out careful **examination** of the casualty
 Start at head, work down the body; compare each side for injury
- 5) **Diagnose** what injuries the casualty has
- 6) Give what first aid **treatment** you can
 If in doubt, treat as injured
- 7) Plan what **action** is now necessary
 If necessary contact anyone nearby (shouts, messenger, whistle) and seek their advice and help



If in doubt about what to do, or if you only need transport, contact Ingleborough Hall.

Once you have sent for help, keep warm, shelter yourselves and the casualty. Be alert to Hypothermia. *Stay where you are* and try to attract attention (whistles, torches, shouts). Remember, it could be several hours before help reaches you.

If your leader or instructor is injured (unconscious) and unable to help, look in their rucsac or tackle bag for first aid kit, group shelter, mobile phone, torch, whistle, food and spare clothing. Follow the procedure as above (999, shelter and warmth, attract attention). In a cave or gorge keep an eye on water levels and move to a safer location if necessary.

If you are unable to summon assistance (no phone signal, injured leader, unable to exit cave or gorge) make yourselves comfortable (shelter from cold, wind, wet), conserve energy and prepare for a long wait. The Centre's 'late back procedure' will eventually kick in and rescue teams will be sent to find you.

Helicopter notes

make sacs, clothing, tents etc. secure from down draught, protect casualty's face
 one person stand with arms raised in 'V' above head, back to wind if possible
 no waving by anyone else
 do not approach helicopter unless directed - beware rear rotor, and hot exhaust

Mobile phone notes

evaluate situation calmly before calling for help - avoid panic call immediately after accident
 gain height if necessary for stronger signal
 once contact has been made do not move to blind spot - emergency services may need to call back
 give full location including Grid Reference - the call may be transmitted to a non-local Police HQ
 keep emergency services updated re casualty condition

If the emergency services are involved, and / or the incident is serious, the Head of Centre should be contacted immediately it is practical to do so.