

Treating Injuries

First Aid advice provided by the



Heart attack

- Call 999/112.
- Sit them down leaning against a tree or the legs or back of another walker.
- Offer them an aspirin (300mg) to chew slowly.
- Give constant reassurance and prepare to resuscitate if necessary.

Fractures

- Immobilise the injured part.
- Try to support the injury with items of clothing to prevent unnecessary movement.
- As soon as possible call 999/112.
- For upper arm injuries encourage them to support the limb with their hand.

Bleeding

- Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
- As soon as possible call 999/112.
- Keep pressure on the wound until help arrives.

Shock

- Treat the cause.
- Help them to lie down. Raise and support the legs.
- Reassure them. Do not give them anything to eat or drink.
- Call 999/112 and prepare to resuscitate if necessary.

Sprains and strains

- Rest the injured part.
- Ice – the best thing is ice but failing that use a cold wet cloth.
- Comfortably support.
- Elevate injured part.

Hypothermia

- Call 999/112.
- Your aim is to warm them up gradually.
- Take them to a sheltered place, remove and replace any wet clothing.
- Wrap them in an emergency blanket or use any other insulating material; dry leaves, heather, remember to cover their head and to put insulating items underneath them.
- Give warm drinks and high energy foods.

Heat exhaustion

- Call 999/112.
- Help them to a cool place in the shade, get them to lie down and raise their legs.
- Give water in small amounts frequently until they recover.

Administering first aid does not invalidate Ramblers insurance. Rather, it is better to do something than nothing.

Adapted from First Aid – Tips for Walkers available of the Ramblers website. To contact the Red Cross please visit www.redcross.org.uk/firstaid or call 0844 871 8000.

Action at an Incident

Produced in association with
the British Red Cross



Are you, the casualty or the Group in danger?

Establish if anyone in the Group is a qualified first aider.

YES

THINK "SAFETY FIRST"

Remove the danger. If impractical move the casualty and/or group from the danger.

NO

Can you get a response?

NO

Are they breathing normally?

Check by tilting the head back. Look, listen and feel for breaths.

YES



NO

Dial 999/112

Give chest compressions. Push in the middle of the chest so it goes inwards and then release. Push at a regular rate. Continue until emergency services arrive, the casualty recovers or you become exhausted, when someone else should take over if possible.

Place casualty in the recovery position

Dial 999



SUMMONING HELP

Use mobile phone to call 999/112 and ask for "Ambulance" or "Mountain Rescue" as appropriate. Send others (2 recommended) for help if no mobile signal. When calling:

- Stay calm
- Describe the nature of the emergency
- State location accurately
- Answer any questions clearly
- Be patient. Your call will be prioritised and handled as quickly as possible
- The emergency distress signal is six quick successive whistle blasts or torch flashes.



WHEN THE SITUATION IS UNDER CONTROL

Ensure the casualty is kept warm, dry and comfortable as far as practical. Do not forget the rest of the group as they need looking after too. Think about the arrival of the emergency services and plan accordingly.

AND FINALLY

Ensure the scene is left clean and tidy. Think about how you, or others, might have been affected. Follow the casualties recovery. If a major incident takes place report it ASAP (during working hours) to the Ramblers on 020 7339 8519. A major incident is defined as "posing immediate danger to life where outside help is required to resolve the incident."