



**Accident
and
Emergency
Procedures**

Survival in the outdoors is all about.....

Mental Attitude

You might not believe it, but, groups of walkers have been rescued off the hill, cold, wet, hungry and exhausted, waiting patiently whilst sitting on their rucsacs..... containing tents, sleeping bags, stoves and food....

There are 3 rules to follow when heading off on an expedition:-

1. Make sure someone knows where you are going. On D of E Expeditions this is already taken care of, how?

2. Always stay together.

If members of your group are going slow, - **YOU MUST STILL KEEP TOGETHER**, on the hill there is a saying..... **YOU ARE ONLY AS FAST AS THE SLOWEST WALKER.**

Your D of E Expedition is not a race, you do NOT have to be the first team back, the first team to complete, - what you do have to do, is make sure everyone in the team is able to finish without becoming exhausted. - Remember, if you lose too many of your team en route, due to fall out problems, your team may have to be withdrawn.

3. Your team must inform your supervisor of any change in what circumstances...?

International Distress Signal

Every minute you must give

SIX
SIX

quick.....

Blasts
Blasts on a Whistle

Or

Shouts
Shouts

Or

Waves
Waves

Even if you can see or hear an answer or reply in the distance, do not stop until you have actually been located.

Accident & Emergency Exercise

<u>SCENARIO</u>	<u>ACTION REQUIRED</u>
One of your team members has become ill or been involved in an accident. There is NO mobile phone reception.	
Step 1 Prevent further injury to the casualty or another member of your team.	
Step 2 Give First Aid to the injured member of your team.	
Step 3 Locate your exact position on the map.	
Step 4 Prepare a written message	

Expedition safety card