

Emergency Situation on a Ramble

Over the years we in Sevenside Ramblers have been very fortunate and only had to rely on the emergency services on a couple of occasions as a result of incidents while out walking. For certain we can't plan what to do in an emergency situation as they are all different and never play out the way we expect them to do. So as we're out walking please consider the following points given in the hope they might be of assistance to you and your fellow walkers.

- Take a mobile phone with you. Leave it switched on; you can always put it on silent mode. If you are lost and alone, provided it is in signal range it can be used to detect your position.
- Never assume you're out of signal range with a mobile phone until you have attempted to dial 999 or 112. A 999 or 112 call is a "cross network" call that seeks out all network signals. For example you might be on one network without a signal but dial 999 or 112 and it will be another network that will transmit your call to the emergency services. If you're on "Pay-As-You-Go" and are out of credit still make the call as your phone will still connect.
- The call is **FREE!!!!**

If an emergency situation develops while out on your own or with the Group think about the following as a suggestion.

- Don't panic!!
- Make sure you are not in any danger before approaching the casualty.
- If there is a First Aider in your party they will probably assist.
- Call for help. Either you have to make the call if you're on your own or if with the Group get someone to make the call. If you're on a road then dial 999 or 112 and ask for the Ambulance Service. In any other situation ask for the Police. A Grid Reference or local landmark will always be useful.
- Do not try to "second guess" what is going to happen. It is better to dial 999 or 112 and ask for the Police. They will arrange the necessary backup with Ambulance, Air-ambulance and Search and Rescue services.
- They will ask for as much information as possible so a Grid Reference or local landmark will be useful to aid identifying your location. Details of the casualty and number in party will be required.
- Continue to assist the casualty as much as possible.
- Keep the remainder of the Group together. It is very important to have everyone in one place particularly if it is cold, wet or coming to the end of the day where light is fading.
- Putting a waterproof jacket on the casualty can keep them warm and help prevent shock until help arrives.
- Wait for help to arrive.
- Follow the instructions the emergency service gives you. They have a much better idea of the problems and an overview of the situation when carrying out a rescue procedure.

It is in situations like the above that the map reading skills, survival bag, first aid kit, whistle, torch, the extra bar of chocolate, and that old pair of gloves or hat at the bottom of the rucksack come in handy.

Let's hope you never have to consider any of the above when out walking.

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