



EXPEDITION SKILLS

EMERGENCY PROCEDURES

WEEK 1

Emergency procedures are the steps we take when something goes wrong on expedition.

This can be anything from someone not feeling well, blisters preventing someone from walking, broken bones, bad weather, getting lost, and First Aid emergencies. This section will give you the steps to take and the confidence to know what to do if something goes wrong.



IMPORTANT TERMS

Casualty: The person who needs help

Supervisor: Your Leader or Adult who is on expedition with you

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Step 1: Give First Aid

- What you do here will depend on what has happened. Please refer to First Aid Training

Step 2: Make the Casualty comfortable

- Find a comfortable place for the casualty to sit or lie down
- Keep the casualty warm and dry
- Warm and/or Waterproof clothes
- Tent, matt
- Make sure someone is always with and watching over the casualty
- Any changes in how they look or feel may mean help is needed more urgently

Step 3: Where are you?

- Look at your map and locate where you are
- Grid references are important here to give an exact location
- Knowing where you are will help others to find you and for you to know what direction to go for help

Step 4: Call For Help

- Blow your whistle (6 long blasts) OR Yell for help (it may be closer than you think!)
- If after a few minutes no help arrives, use your mobile phone to Call or Text for help from your Supervisor
- Sometimes a text will go through even if there is very little signal strength
- DO NOT call emergency services or your family. Your supervisor or other staff are closer and can provide more immediate help

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Step 5: Go Find Help

If you are away from your supervisor and haven't had any response to your calls for help, it may be necessary for you to go for help

- Decide on 2 people who will go for help
- Make sure the 2 going for help know exactly where the group is on the map
- Decide which direction the 2 people will take to get help. Go toward the nearest help. Knowing where you are will help, it may be that the nearest help is in front of you on the path or behind you on the path
- Make sure the 2 people going for help have all the equipment they may need: Compass, map, whistle, first aid kit, and a tent in case they can't get back to you
- NEVER send someone on their own. ALWAYS have at least 2 people with the casualty and 2 people who go for help
- **Stay on the path!**

Step 6: Keep the group comfortable

- While waiting for help, consider doing the following things for Comfort:
- Make a brew (a hot drink can make everyone feel better)
- Have a snack
- Put up tents o Start writing a log of what has happened (Time of incident, what happened, what you did, if first aid was given and what.)

Step 7: Stay Calm

- Help will arrive! We will know where you should be and when you should be there.
- You have trained for this and we would not have let you go if we had any doubts about your safety

RUNNING LATE OR THINK YOU ARE LOST?

This is also the time to ask for help!

Step 1: Contact your supervisor and let them know where you are and what the problem is.

Step 2: Always stay on or as close to a path as possible. This will keep you from getting lost and it makes it easier to find you too. Stay together if possible. If you think you are lost, retrace your steps to the last point where you knew where you were and then call your supervisor.

Step 3: Stay calm, warm, and dry. It might be necessary to stay where you are and camp if it is getting dark or if the weather gets very bad. Follow your supervisor's advice.



Well Done!! That is a lot of information. Now, please complete the quiz

Emergency Services:

Your supervisor should Always be the first call you make.

We are nearby to help you and can get to you faster than the emergency services. We are also all trained well and can probably help you with any situation.

If you need to call the Emergency Services, it is very important to do the following:



Use 999 or 112, both will get you through to help (sometimes even without a phone signal)

Give clear information

a. What help you need (if someone needs help, tell them what has happened)

Tell them exactly where you are and how many of you there are

- a. Use Grid references to give your location
- b. Use 'What 3 Words' app
- c. Give any other location information you can (path signs, landmarks, buildings, etc.)

Give them your phone number, just in case you get cut off.

Give them our contact details, you might not be able to contact us, but they might!

Emergency Procedures: QUIZ

1. What are Emergency Procedures?
2. What is the First Step when someone in your group is injured or unwell?
3. What term is used to describe the person who needs help?
4. Who should you call First for help?
5. What are 3 ways you can call for help?
6. What are a few things you can do to make you and your team more comfortable while waiting for help? (name 3)
7. What is the minimum number of people who should be sent for help if needed?
8. What information about your location do you need to know before sending anyone or calling for help? (name a few things)
9. If no one is hurt or ill, what other times should you call for help or advice from your supervisor?