

NANTWICH RAMBLING CLUB EMERGENCY PROCEDURES.



If the casualty is responsive and is breathing normally place in recovery position.

Guidance only, they do not constitute formal instruction or

Before taking any action, try not to panic, take a deep breath and weigh up the situation.

If a **First Aider or medically trained person** is in your group, they should take charge with the assistance of **one other person** eg partner/close friend.

The two carers with the casualty should work together and make a quick examination.

Leader should also remain with casualty.

Back Marker see page 2.

If there is no response **ask Leader** to contact the emergency services on **999** (or **112**) and if possible give **Map Reference** of the location, mention any landmarks, pubs, signposts etc. Listen carefully to the instructions given & follow them. Keep the mobile switched on after making the call. If there is no mobile signal find the nearest contact point such as a farmhouse or phone box.

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If the casualty appears unconscious gently shake their shoulders and talk to them loudly. If a carer feels able and has the knowledge they should attempt CPR.

Carers should attempt to assess the nature of the injury, cause and

Keep them warm, remove any wet clothing if they are suffering from **hypothermia**; if possible give hot sweet drinks and high-energy food.

If Heat Stroke is suspected, look for a cool place and give sips of water or non-fizzy high-energy drink.

The **Back Marker** should guide the remainder of the party away to a safe distance advising them to keep warm and watching for any signs of shock/exposure among them. The **Back Marker** should then act as liaison between two groups until a decision on continuing the walk can be taken.

Can they competently move on leaving the **carers and leader** with the casualty?

Could the **Leader** and **Back Marker** now change places? OR Is it safer for the whole party to remain together?

Guidance notes prepared in conjunction with Scout Association First Response Instructor