



## Emergencies

The mountains can be a very dangerous place and not having the right skills or equipment can affect your safety. Knowing what to do in an emergency can save lives. Of course it's important to avoid such incidents in the first place through careful planning and preparation. In this short video we are going to look at what to do in an emergency and how to come down safely off the mountain. .

Mountain paths and tracks can become slippery in bad weather. Even a simple slip can be serious and any injury can result in delays or create problems in remote areas. Don't put yourself or a casualty at risk, always carry a basic first aid kit and use emergency shelters such as group shelters, bivvy bags and survival bags. If someone is injured keep them warm and call for help. Always carry a mobile phone and if possible a GPS device so you can alert mountain rescue of your location. Make sure your phone is fully charged before heading out onto the mountains but don't be too reliant on mobile phones. Signal may be limited on the mountains and it is always important that good planning and preparation is done beforehand to avoid an emergency in the first place. However, should an emergency occur here are some useful tips on what to do.

When calling 999 ask for Police, then Mountain Rescue and try and give information in a calm manner. List the number of casualties, their names and if possible their ages as well as the type of injury they have sustained, such as lower leg, head injury or collapse. Give the location of the incident including name of the mountain area and a description of the terrain around you. A grid reference and description is ideal. Try and describe any distinguishing features such as an orange survival bag, near the small lake for example. Give any additional information on weather conditions at the incident site, particularly if you are in cloud or mist and use a whistle to summon help from other mountain users. Don't forget to give the map sheet number and please say if the grid reference is from a GPS device.



If an incident is serious then a rescue helicopter may be called. Here are some tips on what to do in this situation. When awaiting a helicopter for rescue, you can assist the process by making sure that nothing is left lying where the powerful downdraft from the rotors will sweep it into the air. Any clothing or bags used as site markers must be secured once the aircraft approaches. To attract the attention of the aircraft, stand with both arms in the air in a Y shape. At night, flashing your torch until the aircraft has spotted you can be helpful, but then shine the torch at the ground as they may be using night vision goggles. The aircraft will attempt to land if the ground is flat, so you should aim to be upwind on any flat areas. If the aircraft manages to land, stay where you are and await a member of the crew to join you. Never approach the aircraft without a member of the crew. If the aircraft can't land, then a winched rescue may be used. Stay where you are and allow the crew to come to you and follow their instructions. Try not to help, as there are strict procedures. Follow instructions at all times. If the aircraft can't make contact, then they will return to collect members of the mountain rescue team and deploy them as close as possible to the scene. They will then make their way back to your location on foot. Always stay where you are.

For more information on what to do in emergency situation please visit the [British Mountaineering Council website](#).