

Start first aid procedures



Write down where people are going for help



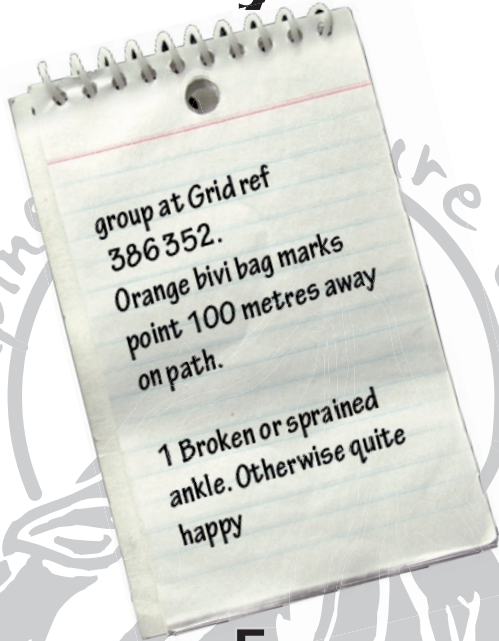
Try phoning home contact



Start blowing your whistle 6 long blasts



Write down your location and casualty details



5.

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Get out warm clothing for non-casualties



6.

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Move casualty into tent or other shelter if safe to do so



7.

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Put up a tent



8.

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Try texting your supervisor



9.

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Sort out what equipment to take when going for help



10.

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Phone home



11.

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Set up a distress marker



12.

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Work out where you are



13.

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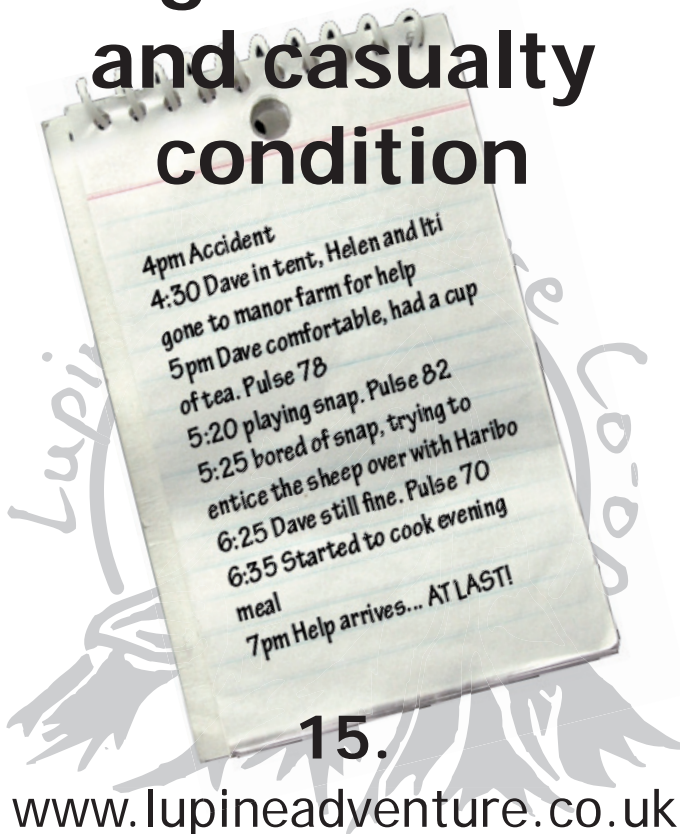
Get your Trangia out and get a brew on



14.

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Start writing a log of events and casualty condition



15.

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Sent 2 people for help / phone reception



16.

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Shout for help



17.

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Get out warm clothing for casualty



18.

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Try phoning Mountain Rescue



19.

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Try phoning your supervisor



20.

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Get casualty in a survival bag



21.

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Continue whistling for help every 10 minutes or so



22.

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Student briefing card

SCENARIO:

You are on expedition in a team of 5. One of the team sprains / breaks their ankle and is unable to continue. You are in the middle of an open moorland environment and there is no shelter nearby, it is raining and fairly windy. You have no mobile phone signal but you won't know this until you try and call someone.

TASK:

From the action cards you have been given, choose which you would use and in what order. As this is an emergency situation you have only 5 minutes to complete the task.

Good Luck

(Your time has just started)

23.

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Instructor briefing card

The exercise is mostly about working under pressure and prioritising, as such there are many correct combinations and many things should be being done simultaneously by different team members but the basic order should include;

- Shout / Whistle for help
- Start first aid procedures / Warm clothing
- Work out where you are
- Contact supervisor or home contact
- Try calling Mountain rescue
- Prepare to go for help then go
- Get a tent up and comfortable
- Start a log for something to do
- Phoning home is a red herring

24.

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