

Remember:- Stop, Assess, Make Safe.

If you can, walk/carry the casualty to the nearest road and contact help.

If the injury is **life threatening** and in **a difficult location**, send **two people** with a written message to call **999** and ask for **Mountain Rescue**.

Have the following information ready:-

- Grid reference if possible of your location and a description giving land marks or known names of features.
- The type and extent of injury.
- The number in your party and their condition.

Make your group comfortable and visible, as it will take time for help to reach you.

Use this space to write notes & messages