

Treating Injuries

First Aid advice provided by the



Heart attack

- Call 999/112.
- Sit them down leaning against a tree or the legs or back of another walker.
- Offer them an aspirin (300mg) to chew slowly.
- Give constant reassurance and prepare to resuscitate if necessary.

Fractures

- Immobilise the injured part.
- Try to support the injury with items of clothing to prevent unnecessary movement.
- As soon as possible call 999/112.
- For upper arm injuries encourage them to support the limb with their hand.

Bleeding

- Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
- As soon as possible call 999/112.
- Keep pressure on the wound until help arrives.

Shock

- Treat the cause.
- Help them to lie down. Raise and support the legs.
- Reassure them. Do not give them anything to eat or drink.
- Call 999/112 and prepare to resuscitate if necessary.

Sprains and strains

- Rest the injured part.
- Ice – the best thing is ice but failing that use a cold wet cloth.
- Comfortably support.
- Elevate injured part.

Hypothermia

- Call 999/112.
- Your aim is to warm them up gradually.
- Take them to a sheltered place, remove and replace any wet clothing.
- Wrap them in an emergency blanket or use any other insulating material; dry leaves, heather, remember to cover their head and to put insulating items underneath them.
- Give warm drinks and high energy foods.

Heat exhaustion

- Call 999/112.
- Help them to a cool place in the shade, get them to lie down and raise their legs.
- Give water in small amounts frequently until they recover.

Administering first aid does not invalidate Ramblers insurance. Rather, it is better to do something than nothing.

Adapted from First Aid – Tips for Walkers available on the Ramblers website. To contact the Red Cross please visit www.redcross.org.uk/firstaid or call 0844 871 8000.



ramblers

at the heart of walking

Walk Leader's checklist

INTRODUCTION

This checklist is based on advice from the Ramblers Navigation and Leadership, a manual for Leading Group Walks. Walks are led in different ways according to Group practice and the nature of the walk. For more guidance about leading walks see www.ramblers.org.uk/volunteer and click on Walks Leader.

BEFORE THE WALK

Choose the route

- Consider the location, length and timing, whether linear or circular.
- Consider season, terrain, climbs, likely ability and fitness of the group.
- The route you chose may be one you already know, taken from a map or guidebook. Consider points of interest on the route.
- Check transport options, such as public transport or car parks for central meeting point, refreshments and toilets.

Reccce the route (preferably with a backmarker)

- Walk full route, noting critical navigation points, hazards and problems, adjusting route if necessary. Check timings, rest and toilet points, escape or alternative routes, any access restrictions and mobile phone coverage.
- Report any path or access problems to relative Group Officers.

Publicising the walk

- In order to be recognised as a Ramblers walk the walk must be submitted to the Programme Co-ordinator with the nominated leader identified, so that the walk is publicised on-line, ideally on Group Walks Finder, and/or in print.

THE DAY BEFORE

- Check weather forecasts, www.mwis.org.uk covers many mountainous areas, and review route if necessary. Be prepared to cancel if weather is too bad.
- Recheck public transport and forewarn pub/café if you plan to stop there.
- Check personal gear and first aid kit.
- Charge mobile phone.
- Be prepared to answer queries from potential attendees.

ON THE DAY

- Some Groups ask walkers to carry an emergency contact number and medical details, other Groups ask the leader to record these details.
- Invite declarations from anyone who may have difficulty completing the walk. This allows anyone with a medical condition to bring it to your attention in private.
- Be early and welcoming, particularly to newcomers.
- Where appropriate check the equipment of the party and be prepared to turn people away if circumstances demand.
- Hand out membership forms to non-members and explain the work of the Ramblers.
- Appoint a backmarker if you don't already have one.
- Introduce yourself and the backmarker and give details of the walk: the route, estimated finish time, refreshment stops and points of interest.
- Highlight your expectations of walkers and any places where particular care is needed.
- Adults accompanying children under 15 years must be reminded that they are responsible for them and check that unaccompanied 15-17 year olds have permission to attend.
- Count the party and signal the start of the walk.

ON THE WALK

- Frequently check that you can see your backmarker or have communication with them. Allow for re-grouping as required.
- Set a pace to suit the fitness and capabilities of the party and advertised grade of the walk.
- Check your route frequently if necessary using the map and/or compass.
- Make a point of chatting to any newcomers.
- Highlight any points of interest.
- Manage the party over stiles, through gates and forests, in poor weather and across roads. Periodically count the number to ensure everyone is present.
- Be alert to any problems with individuals, weather, road walking or crossings.
- Importantly – enjoy the walk!

At the end of the walk

- Check everyone has returned and can get home and thank them for coming.
- Encourage non-members to join.

AFTER THE WALK

- All incidents must be reported to the Led Walks Officer as soon as practically possible via the Incident Report Form available on the website. Report any path problems to the relevant Group Officer.

Ver 1.3 Mar 2011

For further information on leading walks and reporting incidents see www.ramblers.org.uk/volunteer. Contact the Led Walks Officer on 020 7339 8519 or ledwalks@ramblers.org.uk

Action at an Incident

Produced in association with the British Red Cross



Are you, the casualty or the Group in danger?

Establish if anyone in the Group is a qualified first aider.

YES

THINK "SAFETY FIRST!"
Remove the danger. If impractical move the casualty and/or group from the danger.

NO ↓

Can you get a response?

NO ↓

Are they breathing normally?

Check by tilting the head back. Look, listen and feel for breaths.

YES



NO ↓

Dial 999/112

Give chest compressions. Push in the middle of the chest so it goes inwards and then release. Push at a regular rate. Continue until emergency services arrive, the casualty recovers or you become exhausted, when someone else should take over if possible.

Place casualty in the recovery position

Dial 999



SUMMONING HELP

Use mobile phone to call 999/112 and ask for "Ambulance" or "Mountain Rescue" as appropriate. Send others (2 recommended) for help if no mobile signal. When calling:

- Stay calm
- Describe the nature of the emergency
- State location accurately
- Answer any questions clearly
- Be patient. Your call will be prioritised and handled as quickly as possible
- The emergency distress signal is six quick successive whistle blasts or torch flashes.



WHEN THE SITUATION IS UNDER CONTROL

Ensure the casualty is kept warm, dry and comfortable as far as practical. Do not forget the rest of the group as they need looking after too. Think about the arrival of the emergency services and plan accordingly.

AND FINALLY

Ensure the scene is left clean and tidy. Think about how you, or others, might have been affected. Follow the casualties recovery. If a major incident takes place report it ASAP (during working hours) to the Ramblers on 020 7339 8519. A major incident is defined as "posing immediate danger to life where outside help is required to resolve the incident."

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