

SFG - First Aid for leaders and backmarkers – Please Read Now.

SFG July 2024

Leaders and backmarkers, please exchange mobile numbers.

On SFG walks, if there is an accident, the injured may need urgent help.

All walks are at the participants own risk, but we need to be prepared to help.

Here is a list of advice from SFG.

Assess the casualty to see if the injury is serious, or minor.

If serious, you need the ambulance service – get someone to dial 999.

See also Sending your location, below. Post codes do not work in open country, so W3W is recommended.

Everyone ought to have their “In Case of Emergency” (ICE) set on their mobile device, see ICE next page.

Serious incident or injury could be:

Unresponsive, perhaps due to

Fall with concussion, Stroke, Heart problem, Fainting due to heat, dehydration, low blood pressure, diabetic emergency. If unconscious and breathing, chest compressions are not required, but dial 999.

If unresponsive and not breathing, it is extremely urgent to start chest compressions, and dial 999. They will ask if the casualty is **Bleeding**; **Unconscious** or reduced consciousness; **Difficulty breathing**; **Pain** or altered sensation; or **Skin changes** (the acronym is “**BURPS**”). Answer the questions as best you can.

Other injuries: Badly cut skin (e.g. exposed nail or screw), with bleeding;

Broken leg; Badly twisted ankle.

There are other examples (see Red Cross link and bottom of next page).

All the above, with the possible exception of the twisted ankle, need urgent attention so you need to be Sending the Incident Location to the emergency services (see Sending your Location below).

ACTION NOW. Please read internet information such as Red Cross guidance (link below) and next page: <https://www.redcross.org.uk/first-aid/learn-first-aid>

Scroll through likely injuries or incidents on the website, while relaxed at home. You can see a list of possible incidents and view useful short video clips of how to help someone in an emergency.

Serious injury, see examples above.

If an ambulance (or air ambulance) is needed, find the location. This can be done on the What 3 Words app (W3W), see Sending your location below. When phoning the Emergency Services try and make clear the problem and answer all their questions.

Minor injury could be a cut or graze where sterile wipes and a plaster would be appropriate.

The first aid kit contains non-latex gloves, a selection of plasters, sterile wipes and bandages, plus an aerosol spray-on plaster which might suit a graze.

Even with a minor injury the person may have suffered a bit of shock, so let them rest awhile.

***Disclaimer.** All this is not intended to be a substitute for a proper accredited first aid course, but it does give some guidance which might be helpful.*

Sending your Location, using What3Words

In Cheshire all the emergency services can use What3Words (W3W).

Action now (at home). Use Wi-Fi to download the W3W app from the App Store onto your mobile device (logo is shown right).

In an emergency you will now be ready to send your exact location.



Here is a method: At the Incident Location click the W3W app

A blue dot shows your location, and it should be on a little square with a line to the 3 Words.

If not, tap the arrow/chevron bottom right and the blue dot and square should coincide.

Let's say it shows ///skies.grins.occurs

This is in Brook Wood, Sandbach, but notice all words happen to be plural and the first word is plural of sky, not plural of ski. When phoning the emergency services, to avoid ambiguity, please say the words carefully and spell them out if necessary (they cannot accept or read a shared or transmitted W3W location). OR, for a new set of words, hopefully without ambiguities, tap an adjacent W3W square on the grid and use that (it will only be a few metres away).

If you are on a country footpath with no vehicular access, you will need to explain where the nearest road is or send someone to meet the ambulance. If that is not possible, the Air Ambulance may be appropriate.

Sending W3W to a friend or relative. If you are out on your own and twist an ankle or feel poorly, you may need your next of kin to come and collect you. To use W3W, open the W3W app, as above, click "share". Select the person from your address book and send. They will receive the W3W and can see the location. They can tap "navigate" and then they tap Google Maps, to give them the satnav route to follow. Phone up to check.

ICE

In case of Emergency (ICE)

Most of us now have smartphones and on many of them when you go to the screen where you enter your passcode or unlock code (swipe up from initial screen) there is (bottom left) the word 'Emergency'. Tap this and the emergency telephone keypad shows (e.g. for dialling 999). Tap "*Medical ID" bottom left. This shows your personal details and next of kin. If empty, please go to "Entering your emergency details" below.

The emergency services know about ICE and how to view the casualty's details, and it may be easier for them to locate your phone than search for your wallet or purse.

The information that can be entered and viewed by the emergency services includes an ICE (In Case of Emergency) next of kin contact (as a minimum), your address and (optional) medical information e.g. blood group, medications you take, allergies or other information that could be useful.

In addition, or instead of ICE on your smart phone, you may want to have your next of kin and other details on a card in your wallet or purse, but not so it can be seen when, for example, shopping.

Entering your emergency details

You can input as much or as little information as you like, but next of kin is very important. Depending on the make of phone, and the software running on it, select Settings, then your Emergency Contacts (next of kin), then select "Show on Lock Screen". Each phone may be slightly different.

On a recent iPhone, look on "Settings", scroll to "Emergency SOS" (red square with SOS in white). Click on "Set up Emergency Contacts in Health", tap "Edit", then enter your details, next of kin and address etc. Scroll down to Emergency Access and tap "Show When Locked" so the button shows green.

British Red Cross - Learn the skills to use in an emergency



<https://www.redcross.org.uk/first-aid/learn-first-aid>

Be confident to help someone in an emergency.

Each skill provides clear instructions to help you learn first aid, some with video clips. The links on the website are listed below:

Allergic reaction (severe) - anaphylaxis

Asthma attack

Bleeding (severe)

Broken bones - fractures

Burns

Choking

Dehydration

Diabetic emergency

Distress

Epileptic seizure

Head injury

Heart attack

Heatstroke

Heat exhaustion

Hypothermia

Meningitis

Strain or sprain

Stroke

Swallowed something harmful

Unresponsive and breathing

Unresponsive and not breathing

Unresponsive and not breathing when an AED (defibrillator) is available

Unresponsive and not breathing with Covid-19 or other respiratory infection