

WALKERS ACCIDENT REPORT CARD

**IN THE EVENT OF AN ACCIDENT KEEP CALM** – remember your training

1. Carry out immediate first aid and make any casualties comfortable.
2. Give the international distress signal, six signals at one minute intervals.
3. Organise assistance:
  - Two persons to go for help (if possible)
  - Raise alarm at nearest place of habitation.
  - Dial 999 and ask for Police or Mountain rescue.

4 Date and time of accident

5 Location: Sheet

6 Grid Reference

7 Approximate place name or nearest recognisable feature

8 Condition of injured person(s)

NAME

INJURIES (*bleeding, fractures, conscious state etc*)

**REMEMBER MAKE THE CASUALTY'S POSITION EASILY SEEN**

**ARGYLL OUTDOOR NAVIGATION**

[www.argylloutdoornavigation.com](http://www.argylloutdoornavigation.com)