

In case of incident requiring assistance:

Dial 112 – Ask for police / mountain rescue

State ‘Fall from height, serious injury, remote location’

Give CHALET report

CASUALTIES: Number, names, ages, injuries

HAZARDS: To your group and to the rescuers

ACCESS: Terrain, weather, access routes

LOCATION: Map number, grid ref, description

EQUIPMENT: What do you have with you?

TYPE: Description of the incident

BASIC INCIDENT CHECKLIST

- Lead and delegate
- Make the group and gliders safe
- Call for help
- Stop obvious bleeding
- Open the airway
- Only move if necessary
- Keep your group and casualty warm, dry, hydrated, and reassured
- Note time and treatments given



BASIC LIFE SUPPORT

1. Not responding? Not breathing normally?
2. 30 compressions to two rescue breaths
3. Only stop compressions if casualty moves or you are exhausted

Keep this PDF on your smartphone as a useful reminder