



FIELD FIRST AID CHECKLIST

FIRST AID FOR HIKERS · SCOTTISH HIGHLANDS

Fold into your map case. Not a substitute for training.

PRIMARY SURVEY — <C>ABCDE

- 1 **<C>atastrophic bleed** — stop it now (pressure / pack / tourniquet).
- 2 **Danger** — make the scene safe. Don't become casualty #2.
- 3 **Response** — AVPU: Alert? Voice? Pain? Unresponsive?
- 4 **Airway** — open & clear. Head tilt, chin lift.
- 5 **Breathing** — look, listen, feel for 10 sec.
- 6 **Circulation** — check for bleeding, skin colour, pulse.
- 7 **Disability** — responsiveness, suspect spine if fallen.
- 8 **Environment** — get them off the cold ground, insulate.

STOP THE BLEED

- Firm **direct pressure** on the wound — don't let go.
- Pack deep wounds with dressing / clean cloth, keep pressure.
- Limb bleed not stopping → **tourniquet** high & tight, note the time.
- Dress and check circulation below the wound.

HYPOTHERMIA (THE SILENT KILLER)

- Signs:** shivering, stumbling, slurred speech, "umbles".
- Shelter from wind & rain. Insulate from the **ground** first.
- Remove wet layers if you can do it warm; add dry insulation.
- Warm sweet drink if fully alert. Handle gently.
- Severe / drowsy → wrap, do not rub, evacuate urgently.

FRACTURES & SPRAINS

- Steady & support the limb in the position found.
- Improvise a splint: walking poles, roll mat, rope.
- Pad well; immobilise joints above & below.
- Check circulation & sensation beyond the splint.
- Open fracture → cover with clean dressing, don't push bone back.

UNCONSCIOUS & BREATHING

- Place in the **recovery position** (on a slope, head downhill-side).
- Keep airway open; insulate from the ground.
- Monitor breathing continuously. Re-check ABC.

CALL FOR HELP — 999 / 112

- Dial 999, ask for POLICE, then MOUNTAIN RESCUE.**
- No signal? Try 112. Send an SMS to 999 (register first).
- Give:** grid ref / what3words, casualty count, injuries, age,
- time of incident, weather on scene, your phone battery.
- Make yourself findable: bright kit, torch, stay put.
- Emergency phone signal: **6 blasts/flushes, wait 1 min, repeat.**

WHAT'S IN THE PACK

Gloves · trauma dressing · wound pack · tourniquet · triangular bandages · tape · blister kit · foil & group shelter · whistle · head torch · spare warm layer · this card.