Walking
Safety Guide

With cycling, hill and mountain hiking becoming ever more popular in the UK, people are taking more precautions than ever while doing these sports. This guide helps you prepare for any danger and explains the best way to get hold of the emergency services should you ever need them.

*But **preparation** is key.*

Here at the Great Outdoor Superstore we want to help make sure that you enjoy the activity you are taking part in, by offering our quick guide for safety while Walking

Great Outdoors

www.greatoutdoorssuperstore.co.uk

Great Outdoors

Walking
Safety Guide

What can you do before you go?

Here are some basic things you can do before you set out on your trip.

- Learn basic first aid
- Think about the abilities of the rest of your team
- Learn skills to help such as map reading
- Register with Emergency SMS
- Check the weather before you leave
- Read up on the area
- Plan the route
- Familiarise yourself with local landmarks

Equipment check!

We advise taking the following equipment with you.

- Suitable clothing (warm and waterproof)
- Supportive shoes with a good treaded sole and ankle support
- Emergency food – high energy food bars, or a spare camping meal
- Water bottle & chlorine diox tablets
- Map and compass
- Mobile phone and GPS
- Whistle
- Torch
- Watch (that works!)
- Helmet (if climbing or biking)
- Emergency survival kit covered later

SOME QUICK FIRST AID TIPS

British Red Cross

www.redcross.org.uk

First aid for someone who's unconscious and not breathing

Key skill: The delivery of chest compressions

1. Check breathing by tilting their head backwards and looking and feeling for breaths.
2. Call 999 as soon as possible, or get someone else to do it.
3. Push firmly downwards in the middle of the chest and then release.
4. Push at a regular rate until help arrives

First aid for someone who's bleeding heavily

Key skill: Put pressure on the wound

1. Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
2. As soon as possible, call 999 or get someone else to do it.
3. Keep pressure on the wound until help arrives.

First aid for a broken bone

Key skill: Immobilise the affected part

1. Encourage the person to support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible, call 999 or get someone else to do it.
3. Continue supporting the injury until help arrives.

WHO YOU GONNA CALL...
POLICE THEN MOUNTAIN RESCUE!

☎ 999 or 112

Ask for the Police, then Mountain Rescue

What to know before you ring

- Where you are, or the closest landmark. If you have a 6 figure grid reference this will really speed up the rescue.
- How many casualties with you.
- The injuries of each casualty
- Have you managed to stabilise them
- Your equipment – see the check list
- A contact number for you and others in your party.

What if you can't ring?

The international distress signal is 6 blasts on a whistle or six flashes of light, repeated at one-minute intervals.

Morse code for SOS is

. . . – – – . . .

S is Three Dots (short Blasts, or Quick Flashes)
O is Three Dashes for O (Longer Blasts or Longer Flashes)
S is Three Dots (short Blasts, or Quick Flashes)

Emergency Services SMS – Be Pre-registered

www.emergencysms.org.uk

Send a Message to 999 with:

- Which Service?
- What is the problem?
- Where you are? Include nearby landmarks or main roads.

PERSONAL DETAILS

Name

Date of Birth

Address

Telephone

Emergency Contact
Name
Telephone

NOTES

NOTES

NOTES

HEALTH NOTES

OTHER IMPORTANT INFORMATION

Great Outdoors
VOUCHER CODE

WSL10

GET 10% OFF

OUR ONLINE STORE WITH THIS VOUCHER

Great Outdoors

Walking
Safety Guide