



Cork Mountaineering Club

Cumann Sléibhteoireachta Chorcaí

Dealing With An Accident

Remain calm! A level head and sound judgement are very important.

Do you need Mountain Rescue? If it is not possible to bring the injured person to an accessible roadside, then you do. You do not “lose face” however, by calling out the Mountain Rescue team.

You, as leader (or your delegate) must do the following:

At the Scene of the Accident

1. The injured person should get such First Aid as is possible from within the group. A seriously injured person should not be moved until help arrives. However, in cold weather, it may be better to move a less seriously injured person to a sheltered spot. Decide on three people to stay with the injured person until help arrives. They must be properly equipped and aware of how to stay warm. Their job is to insulate the casualty from the ground and keep him/ her warm. Extra gear can be left with them so long as this does not compromise anyone else’s safety on the hike.
2. Choose two people to go and get help. Make sure that they are properly equipped and that they have the navigational skills necessary to make a safe descent to the nearest phone/ source of transport. Ideally they should be experienced hikers.
3. There may be mobile phones in the group. If there is coverage, one can be used for the emergency call. (Dial 112). However, this phone should not be the primary support line and two people should still descend to a land phone to meet the rescuers, unless otherwise advised by the emergency services.
4. You as leader (or a delegate) must keep the main group together, encourage them to stay warm and listen to any good suggestions. Keep them informed of your decisions.

Take the Main Group off the Hills

1. Once the casualty is attended to and help has been sent for, it is the responsibility of the leader to take the group off the hills in a safe way. (If yours is a small group you may decide to stay with the injured person once help has been sent for.) Inform the group of your decisions and head down. This may mean sticking to the original route in order to get back to the cars. There may be a quicker way but don’t take any chances.
2. If the injured person was a driver and is willing to have his car driven back, see if someone can facilitate the request.
3. Once down, dial 112. Check that the rescue is in progress. Follow any instructions given to you by Gardaí or a member of the Rescue Team.
4. Normally, no-one should return to the site.
5. The Gardaí will contact the injured person’s family and tell you what hospital it is expected that he will be brought to. It would be good for someone from CMC to go there, depending on the seriousness of the injury.



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The People Who Go for Help

1. Before they leave they should have in writing:

(i) a six-figure grid reference and any other distinguishing features about the accident site.

Mark the site on the map they take with them.

(ii) the name and address of the injured person.

(iii) the name of the injured person's next-of-kin. That's why the sign-in book is important!

Remember whose car it is in.

(iv) personal details of the injured person – age, size, etc

(v) the time the accident occurred. Weather conditions.

(vi) a description of the injury. Give as much detail as possible

(vii) the names of the people staying with the injured person and an indication of their gear, their First Aid skills and their level of shelter.

(viii) the number of people remaining in the group and their intended route of return.

They should also have in their possession, money and the keys of their car.

2. They should choose a safe route down and not rush

3. When down, they should dial 112 and ask for Mountain Rescue. If a mobile phone has already been used to summon help, confirm to the emergency services that the incident has already been reported, when and by whom.