

EMERGENCY ACTION

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ALWAYS
STOP, LOOK, THINK

Getting Help

Call the emergency services free on 999 or 112.

- Police.
- Fire.
- Ambulance.
- Mountain, moor and fell rescue.
- Coastguard.
- Mines rescue.

Consider whether other forms of help may be needed and ask the Police to notify them. Some examples of help which may be appropriate are:

Utilities — gas, electricity, rail, water.
Health Services — doctor, dentist, nurse, midwife.

Get bystanders to help you

Aftercare

Your job is not ended when the emergency services arrive. Your responsibilities may include:

- Taking care of the casualty's personal belongings and ensuring they go with the casualty, or are returned to the casualty, or are put in the care of a reliable friend or relative.
- Or making a report to the ambulance crew, doctor, etc., to include:
 1. The casualty's name and address.
 2. History of the accident or illness.
 3. Brief description of injuries.
 4. Unusual behaviour.
 5. Treatment given.
 6. Observations made of breathing, pulse, levels of response.