# Accidents and Emergencies

Download the *"emergencyplus"* app to your phone:

This app has easy to use emergency call buttons for the emergency services, SES and police. It also provides you with your exact location which is given using both traditional latitude and longitude co-ordinates, and also in the *what3words* format. This is vital information that the emergency services will need if rescue is required.
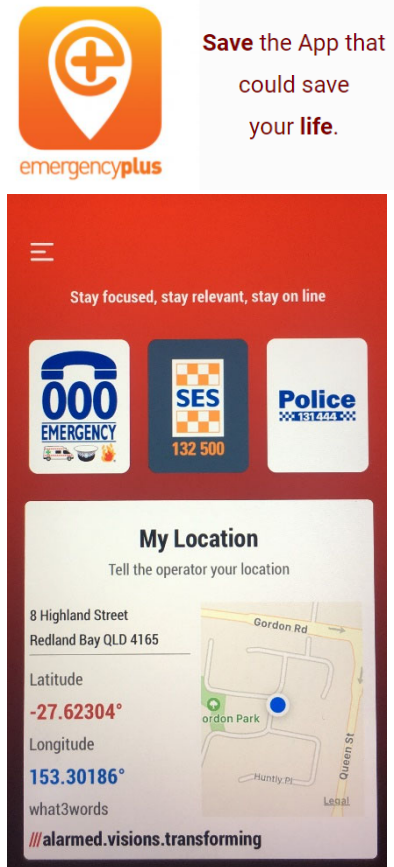
In the very unlikely event of an accident or emergency:

- Provide first aid if any member of the party is qualified to do so.
- If the injured person can't walk out safely, use the phone/app to ring 000, they will ask you to provide your location.
- If no phone/app coverage, send a minimum of TWO people to a point where it is available (e.g. top of a ridge or hill). Ensure they can provide the precise location of the accident/emergency.
- If phone/app reception isn't available anywhere reasonably close, activate a PLB if any member of the party has one.
- If there is no PLB, send a minimum TWO people to walk out to find help. Ensure they can provide the precise location of the accident/emergency.

If someone is lost:

- Stay calm, record your own position and location and where the lost person was last seen.
- Do a quick search back along your track. Stop, call or whistle, and listen for a response. Then move on and repeat. Keep the party together so no one else gets separated. If the lost person is not found within 1-2 hours call or send for help.
- If you are lost, stop, stay calm, think about where you went astray. Often it is best to stay where you are and wait for the party to locate you. Use your whistle to call for help – 3 short sharp blasts. Conserve your energy, stay as warm as is comfortable, ration out water and food. You will be found.