

CSC Emergency Card



Secure the wing!

999

Dial 999 and ask for the Police.
Then ask for Mountain Rescue



Use the key phrase: "Fall from height"

X

Make a large 'X' on the ground to get
other pilots out of the air

First Aid: remember your Dr's ABC!

D - Danger

To yourself, the casualty and others

R - Response

Shout and shake - to determine consciousness

A - Airway

Open with head tilt—chin lift

B - Breathing

Check for normal breathing— for no more than 10
seconds

C - Circulation

Look for signs of severe bleeding and keep casualty
warm

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