

ROAD ACCIDENT MANAGEMENT - SCARE(M)

WHAT SHOULD YOU DO?

Leader or first responder takes control & instructs others to:

S: SECURE THE SCENE FOR SAFETY

- Stop traffic, set traffic controllers, get non-casualties off road, turn off engines

C: CASUALTY MANAGEMENT

- Don't move unless OK. Ask: name, assess condition, medical history, contacts, CPR / recovery position (if necessary)
- Check VCC tag for medical conditions
- Shock & cold can kill – prevent

A: A&E / 999 SUPPORT SERVICES

- Will they come in time: consider alternatives
- Identify location e.g. Garmin location, google maps
- Check 112/999 has key info e.g. head injury/unconscious

R: RELATIVES

- See VCC tag for who to contact

E: EVIDENCE

- Photos, witness, police details

M: MONITORING/MANAGEMENT (ongoing)

- Casualty's care and others e.g. cold, shock, traffic management / broken bikes etc.

HAVE YOU GOT?

1. ICE on your locked phone screen (google it!)
2. First aid / space blanket
3. Emergency numbers etc. (especially if abroad)