

Safety First

AS SOON AS THERE IS AN INCIDENT:

1. Check for danger & make area safe:

- Do not approach if it is not safe for you to do so:
 - Deal with fire first
- Alert oncoming traffic:
 - Use SOS board, warning triangle, or red flag
- Approach vehicle from the front, where the crew can see you
- Activate the emergency Isolator switch (pull cable or kill button)
- Ensure the area is safe to prevent further injury to casualties or those assisting, and ensure safe passage for other competitors and spectators



2. Radio & Report (to next competitive crew, Radio Car, Stage Commander or Chief Marshal):

- The type of incident
- Exact location i.e. junction number
- Cars involved & car numbers
- Number of Casualties
- Services required:
 - Rescue for casualties
 - Recovery for vehicles



3. Casualty assessment:

- Complete your Adult Basic Life Support (BLS) check (as per reverse of this card)
- Only remove the helmet as a last resort
- REMEMBER :

Leave the casualty in the car except:

- If there is fire
- If there are no signs of breathing or circulation.



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Disclaimer: This information is for guidance only.

Casualty Assessment & Adult Basic Life Support (BLS)

1. Danger

- Check your own safety first

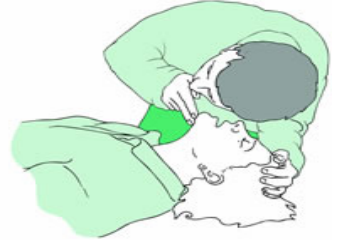
2. Response

- Gently squeeze/shake and shout
- Check response
- Get help



3. Airway

- Clear the mouth
- Remove any obstructions in the mouth
- Open the airway:
(Position fingertips under the chin & lift the chin up)



4. Breathing

- Keeping the airway open: Look, listen and feel for breathing

5. Circulation

- Observe skin colour and temperature
(pale, cold & clammy skin indicates circulation is affected)
- Apply pressure to life threatening bleeding

IF NO SIGN OF BREATHING OR CIRCULATION REMOVE THE CASUALTY FROM THE CAR & COMMENCE THE ADULT BLS CPR PROCEDURE:

- Lean over the casualty with straight arms
- Press vertically down on the centre of the chest
- Release the pressure after each compression
- Compress and release 30 times



- After 30 compressions open the airway
- Pinch the nose and open the mouth
- Place your lips around the mouth to make a good seal
- Give 2 breaths

CONTINUE ADULT CPR (30 : 2) UNTIL HELP ARRIVES