

## Things you need to know about summoning help in case of a paragliding incident.

Paragliding incidents requiring evacuation usually happen in places where normal road ambulances, and even mountain rescue 4x4 ambulances, can't reach. They will, therefore, often require an air ambulance. In the case of serious incidents, speed is everything. This guide and the attached card are intended to help you summon help quickly and efficiently to Pennine Soaring Club flying sites.

In case of an incident:

1. **START FIRST AID.** The first principle of first aid is to ensure the area is safe. Therefore, always go to and secure the WING first, then attend to the casualty. An unsecured wing could drag and further injure the casualty and also possibly others. As soon as possible...
2. **GET HELP.** Dial 999 and ask for ambulance. Advise the ambulance dispatcher that you have a **"fall from height, suspected significant injury, difficult access, helimed needed"**. This form of words will indicate to them as quickly and efficiently as possible that a road ambulance is no good and that they need to task an air ambulance. The dispatcher **will not know the names of local hills**. The dispatcher might even be in a completely different part of the country. Give your location as an OS Grid reference – a list of Pennine sites' grid refs is given on the attached card. You may need to **INSIST** that **"a postcode will be no good"**. Give also the local 2m radio frequency – 143.950MHz. This will allow the aircrew to communicate with the ground on approach, if someone has a radio on. When the helicopter is confirmed as on its way, hand the phone to whoever is administering first aid – the dispatcher will be able to advise them on what to do next. If possible, using another phone, notify Bowland Gliding Club on 01995 61267 or 07779 441283.
3. **PREPARE FOR ARRIVAL** of the helicopter. The main priority here is to clear the airspace of other gliders. Anyone on radio should be advised of the incident and instructed to land. Using an emergency whistle, give two clear blasts, then wait sixty seconds and repeat. This signal should be understood to mean "Helicopter coming, LAND NOW!" When on the ground, secure all loose objects. Downdraft from a helicopter is very powerful and will scatter unsecured equipment. Loose objects pose a risk to the helicopter itself. Do not launch again until the helicopter is gone. When the helicopter does arrive...
4. **INDICATE THE CASUALTY.** Stand still with your arms up in a Y shape facing the helicopter. WAVE something bright and be as visible as possible. This will indicate to them where the casualty is. They may land some distance away. Do not approach the helicopter.

Print this card out, fold it in half, laminate it and put it in your wallet. It could save someone's life.

| <b>EMERGENCY ACTION CARD</b>  | <b>PENNINE SOARING CLUB AIR AMBULANCE GRID REFERENCES</b>   |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
|---|---|---------|----------------------|--------|----------------------|-----------|----------------------|-------------|----------------------|-----------|----------------------|-------------|---------------------|------|---------------------|----------|----------------------|----------------|---------------------|----------|----------------------|
| <p>1. <b>GIVE FIRST AID</b> – <i>secure the wing first</i> to prevent dragging injury</p> <p>2. <b>GET HELP:</b> Dial 999 and ask for Ambulance. To ambulance dispatcher, advise <b>"Fall from height, suspected significant injury, difficult access, helimed needed."</b> Give OS grid reference (see over) and local radio frequency 143.950MHz. When helimed is confirmed on the way, give phone to person administering first aid – dispatcher can advise them.</p> <p>3. <b>PREPARE FOR HELICOPTER:</b> Clear airspace. Two whistle blasts means "HELI COMING, LAND NOW!". Repeat at 1 minute intervals until everyone is down. When on the ground, secure all loose objects, including any debris. If possible notify Bowland Gliding Club on 01995 61267 or 07779 441283. When heli arrives...</p> <p>4. <b>INDICATE CASUALTY.</b> Stand with arms in a Y shape. Wave something bright.</p> | <p>Postcodes are no good. Do not give site name – just Grid Reference. You may need to be firm about not giving postcode.</p> <table border="1" data-bbox="780 1753 1399 2029"> <tbody> <tr><td>Parlick</td><td>Sierra Delta 598 451</td></tr> <tr><td>Pendle</td><td>Sierra Delta 782 403</td></tr> <tr><td>Longridge</td><td>Sierra Delta 644 406</td></tr> <tr><td>Winter Hill</td><td>Sierra Delta 660 150</td></tr> <tr><td>Edenfield</td><td>Sierra Delta 818 179</td></tr> <tr><td>Nont Sarahs</td><td>Sierra Echo 018 137</td></tr> <tr><td>Pule</td><td>Sierra Echo 033 104</td></tr> <tr><td>Larkhill</td><td>Sierra Delta 997 075</td></tr> <tr><td>Millstone Edge</td><td>Sierra Echo 012 105</td></tr> <tr><td>Balladen</td><td>Sierra Delta 815 215</td></tr> </tbody> </table> | Parlick | Sierra Delta 598 451 | Pendle | Sierra Delta 782 403 | Longridge | Sierra Delta 644 406 | Winter Hill | Sierra Delta 660 150 | Edenfield | Sierra Delta 818 179 | Nont Sarahs | Sierra Echo 018 137 | Pule | Sierra Echo 033 104 | Larkhill | Sierra Delta 997 075 | Millstone Edge | Sierra Echo 012 105 | Balladen | Sierra Delta 815 215 |
| Parlick   | Sierra Delta 598 451  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Pendle  | Sierra Delta 782 403  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Longridge   | Sierra Delta 644 406  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Winter Hill   | Sierra Delta 660 150  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Edenfield   | Sierra Delta 818 179  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Nont Sarahs   | Sierra Echo 018 137   |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Pule  | Sierra Echo 033 104   |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Larkhill  | Sierra Delta 997 075  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Millstone Edge  | Sierra Echo 012 105   |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |
| Balladen  | Sierra Delta 815 215  |         |                      |        |                      |           |                      |             |                      |           |                      |             |                     |      |                     |          |                      |                |                     |          |                      |