



## **PREPARATION**

If you have mobile phone coverage, make sure you have pen and paper at hand, and write down the time of significant events and the name and contact number of everyone you speak to.

Key contacts:

- Emergency Services – 000
- Australian Maritime Safety Authority (AMSA) Rescue Coordination Centre – 1800 815 257

**When you CALL 000, make sure it is on a fully charged mobile phone that has good reception.** Tell them how much battery charge your phone has, and give them a secondary contact number in case your mobile battery goes flat. Make sure though that they mark it as a secondary number.

The operator that you first talk to at 000 may have little experience in this type of incident and will be asking for information applicable to an urban location. They are likely to be located in a major city. Be patient when talking to them. If they don't ask these questions, then tell them.

## **WHAT IS YOUR LOCATION?**

- The name of the nearest town, how far you are from it, in what direction, and the fire trails/tracks you came in on, and the name of the National Park or State Forest, if applicable.
- The name and number of the topographical map
- Your location in latitude / longitude, the units of measure and the datum.

AMSA's preferred format is latitude / longitude in degrees and decimal minutes; hddd°mm.mmm'.

On a GPS unit this will be displayed as:

S37°31.462' E149°53.5481'

The datum should be WGS84.

## **HOW SERIOUS IS THE INJURY?**

- Airway
- Breathing
- Circulation – Their colour, are they bleeding?
- What the problem is
- Level of alertness, pain
- Age and name
- Time of occurrence
- Any known medical conditions or medications the doctors should be aware of.

## **WHAT IS THE WEATHER LIKE?**

- What is the wind, cloud cover and visibility?

## **WHAT IS THE TERRAIN LIKE?**

- Can a rescue be accomplished before nightfall?
- Is a ground rescue feasible - if so, how long would it take and what is the best route?
- Is there sufficient clearing for a Helicopter to land, or for a winch to be used?

## **IS THE PLB ACTIVATED?**

- What is the registration number on the PLB unit (Is it on it?!)
- Is the PLB positioned at the spot you want a chopper to pick up the patient from?
- Is it in a clear spot, upright, and with the antenna extended so the signal can get out?
- Have you notified the emergency contact identified on the PLB registration that they may get a call from Emergency Services?

*Be aware there can be a delay of up to 2 hours between the PLB being activated and AMSA receiving the signal, depending on whether a satellite is in range. For a helicopter rescue, the PLB should always be activated because the chopper will head towards the beacon signal that the PLB transmits.*

## **HOW IS THE REST OF THE PARTY?**

- Are they in good condition?
- Do you have enough food/water to walk out?
- Do you have overnight camping gear?
- Do you have adequate clothing for the weather?
- Will you need the patient's pack taken out? There is no guarantee that the helicopter will take it out.
- Will the remaining partner /passengers of the injured person have essential gear for getting out and to the hospital (e.g. car keys, money, phone)?
- If the patient is sharing equipment and/or food with another member of the party, has sufficient of the patient's equipment and/or food been left?
- Do you know which hospital they will be evacuated to?



### **ARE YOU READY FOR THE HELICOPTER'S ARRIVAL?**

- How long will it be before the helicopter/land rescue party arrives?
- If feasible and if it can be done without aggravating the injury, can you move the patient closer to the pickup site, but at least 30m away from helicopter rotor wash and falling debris? Keep someone with them to protect them from debris.
- Have you put out campfires, and moved the patient's pack closer to the pick-up site?
- Is everyone else at least 20m from the pickup site?
- Is your mobile ready if the helicopter rings you?
- Are signalling devices ready: e.g. torches for a twilight rescue or a mirror in bright sunlight?
- Are bright coloured objects (tents or flies) laid out so that they can be seen from the air? These **MUST BE VERY WELL SECURED** (tied down) and may be damaged by the intense downdraft.

### **IS THE PATIENT COMFORTABLE AND READY FOR EVACUATION?**

- Are they warm, dry and comfortable?
- Have you administered appropriate first aid?
- Have you considered whether pain relief/sips of liquid are advisable given the nature of their injury, time to medical assistance and the possibility of the need for anaesthesia when they reach medical assistance? Note the time they last had food or drink and tell the rescue crew.
- Do they have their keys, phone, health care cards (including Medicare card), wallet including credit card and identification on them, in case they become separated from their pack?
- Does the patient want you to contact anyone on their behalf?
- Does the patient have their emergency contact details, written down, with them?
- If it's feasible and required, put some clean clothes on them so they have something to wear until they get home!

### **AFTER THE HELICOPTER HAS LEFT**

- Have you turned the PLB off? Note: It should remain on while the helicopter is still working on the incident.

### **HAVE YOU NOTIFIED THE CLUB?**

- Have you notified the Club check-in contact? Current check-in contact information can be found on the Club's Contacts page and should be carried on all activities.
- If other clubs are involved, you will also need to notify the emergency contact for those clubs.

### **OTHER DOCUMENTS**

[CBC Emergency Contacts](#)

[CBC Emergency Information](#)

[CBC Incident Report Form](#)

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### **GPS Position Formats – Further Information**

hddd°mm.mmm' is not the same as:

- hddd°mm'ss.s" which is degrees, minutes and seconds format and displays on your GPS as: S37°31'27.7" E149°53'32.9"
- hddd.dddd° which is in decimal degree format and displays on your GPS as: S37.52436° E149.89246° on a GPS.
- Grid reference formats, such as MGRS and UTM, are not AMSA's preferred formats.
- Take time now to examine your GPS unit and know how to switch between datums and position formats.

On Garmin handheld GPS units, the Lat/Long formats are at the top of the list of possible formats.