

Emergency and Evacuations Nepal

Stay Calm Assess the situation

- o What are the **Problems** and **Dangers**?
- o How can the **Problems** be **Solved**?
- o How can the **Dangers** be **Minimised**?
- o Are the **Dangers too Great** to allow some actions?

Secure Safety of the Group. Get them together in a safe place with at least one leader looking after them.

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Administer **First Aid** to any casualties (**see First Aid Flashcards**)

Make sure you have all the **Relevant Information** on First Aid **Flashcard 6** to give to rescuers or the AA office:

- o **Where** are you?
- o **What** has happened?
- o How many **Casualties**?
- o How many in **Group**?
- o What are the **Conditions**?
- o What **Equipment** do you have?
- o What are you **Planning to Do**?
- o Do you need extra help for **Evacuation**?

Notify Adventure Alternative Nepal office of situation and what you are going to do!
Please contact the following number **+977-1-4379570**

Do you need more **Medical Advice**? If you are on a trek or expedition in the mountains please contact HRA (Himalayan Rescue Association) at **+977-1-4440292** or **+977 4440293**.

Never leave any Casualty **Alone**. If they need to be evacuated a leader must go with them.

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Never leave the rest of the group alone. Keep them **Safe, Warm** and **Occupied**. Keep them **Informed** of what is happening. Ask them **Not to Try to Contact** anyone else as this may **Confuse any Rescue services**.

Continue to **Communicate** with **Adventure Alternative Nepal** office

Record all events, decisions and actions. Ask a leader to take charge of this and make sure they know about all decisions and actions. For all actions write down **Information, Time** and **Date**.