

## BPKA Emergency Action Plan

1. Stay calm, think rationally. The way you react at this point will influence the outcome.
2. Alert others to the emergency by the following recognized methods:
  - 3 Cries of “HELP!” in quick succession
  - 3 blasts of your car horn
  - 3 quick whistles
  - Flashing car headlights
  - Waving of both armsAll the above will attract attention, that is your aim.
3. Think of your own safety, never put yourself at risk whilst trying to help others.
4. Ensure that no one else is in danger.
5. Ensure that all kites are secure and disabled by putting sand, buggies, bags, etc on it to hold it down. The best method is to stuff it in a bag! Nominate someone to do this. (The Air Ambulance maybe the preferred method for casualty evacuation)
6. First Aider to carry out emergency first aid. If no first aiders are on site use your common sense as to whether to call 999 yourself, you will be asked the questions from point 9.
7. Assess the level of consciousness of the injured party by applying the acronym AVPU
  - A – Alert, answers simple questions correctly. “What day is it?”
  - V – Voice. Only responds to voice, i.e. Eyes may open when you speak to them but cannot answer questions correctly.
  - P – Pain. Only responds to controlled pressure to a fingernail.
  - U – Unresponsive. No response to any of the above.Unresponsive patients are in danger of developing airway problems. Consider putting the patient into the recovery position. Remember airway takes priority over spinal injuries.
8. As soon as first aider has declared a medical emergency contact the Emergency services. Ideally the first aider will remain with the patient and delegate another to make the call.
9. On calling 999 you will be asked the following questions
  - a. Services required and your telephone number.
  - b. Exact location and entry points, nearest road name/landmarks. The more information you can give regarding your location, the quicker you will be found.

- c. Type of incident. What's the problem? Nature of injuries
- d. Age of patient (give approximate age if unknown to you)
- e. Sex (male/female)
- f. State - Is the patient conscious? Is the patient breathing?

Based on the information given you will be advised on the course of action from this point onwards by the service operator. Do all you can to follow this advice.

10. Continue to monitor the patient's airway, breathing and circulation. Protect patients from the weather conditions until help arrives.

## **Do not**

- 1. Put yourself at risk
- 2. Move anyone with suspected neck and/or spinal injuries. (Unless in imminent danger i.e. blocked airway, tide about to cover patient, car about to explode, etc)