EMERGENCY

Call **112**. Say where, then what.

No voice: text 112.

Position: map app, press the blue dot. Works without signal.

Poison line 16662.

FIRST

Stop. Think. Observe. Plan.

First aid → shelter → signal → water → food.

Lost: stay put, or follow a ride, ditch or power line.

COLD

Out of the wind. Wet off, dry on. Hat.

Insulate from the ground: 20 cm of boughs.

Warm sweet drink if awake. No alcohol, no rubbing.

FIRE

Tinder, kindling, fuel: gather all first.

Birch bark, dead twigs still on the tree, fatwood.

Only in a fireplace, unless life depends on it.

WATER

Boil 1 minute.

Spring, rain, snow first; never ditch or sea.

BLEEDING

Press hard, keep pressing, bind.

Tourniquet 5–7 cm above only if pressing fails.

NOT BREATHING

30 pushes, 2 breaths, 100–120 a minute.

Breathing but out: on the side.

THROUGH ICE

Calm the breath. Turn back. Kick flat, pull, roll.

1 min · 10 min · 1 hour.

ADDER

Keep still. 112. Limb still. No cutting, sucking, ice or band.

SIGNAL

Three of anything. Whistle, light, fire.

Y = yes, help. Open ground, bright colour.

NORTH

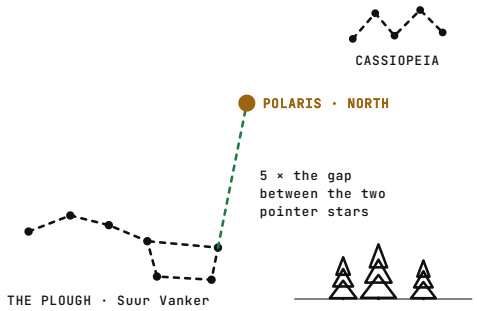
Needle 10° east of true north.

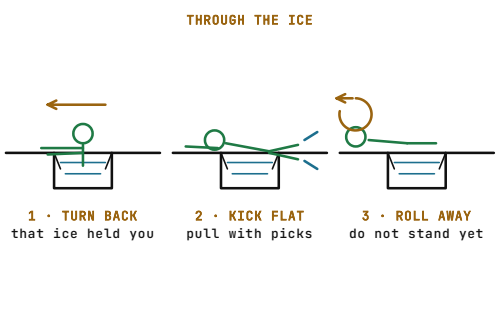
Sun south 13:20 summer, 12:20 winter.

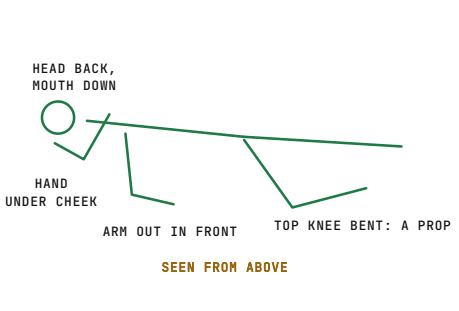
Plough's end stars × 5 → North Star.

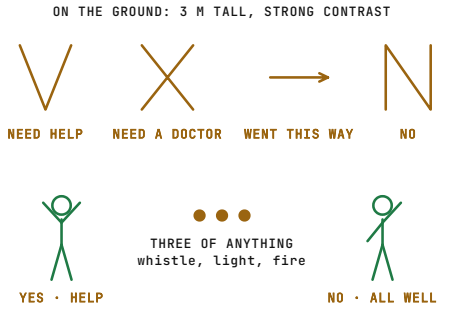
THUNDER

3 s = 1 km. Under 30 s: cover. Crouch, feet together.









A memory aid, not training. In an emergency the 112 operator's instructions come first.