

# Mountainous Area Accident Emergency Response Measures

# STOP

When people go mountain climbing and face situations like getting lost, injured, sick, or experiencing falls, they should know how to respond and wait for help from rescue personnel.

## Stop

Pause and avoid moving forward on an unclear path.

## Think

Think about possible mistakes and stay put while waiting for rescue.

## Observe

Look around for resources and be watchful of dangers like rock-slides or the presence of wild animals.

## Plan

Allocate food and water, choose a suitable shelter location, and stay warm while waiting for rescue.

## In case of an accident, here's how you should respond:

- Send out distress signals.
- Stop immediately and wait if a teammate is lost.
- Stay calm.
- Administer basic first aid to the injured; pay attention to warmth to prevent hypothermia.
- Find a safe shelter in case of significant weather changes.
- Be prepared for long rescue times.
- Let search and rescue personnel know your coordinates or position.

