



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.

