

# INSTRUCTIONS FOR WHAT TO DO IN AN EMERGENCY



## **WE BELIEVE THAT BEING FOREWARNED IS FOREARMED...**

**HENCE, PLEASE PRINT OUT & TAKE THIS GUIDE AS TO WHAT TO DO IN AN EMERGENCY, SHOULD YOUR GUIDE BE IN SOME WAY INCAPACITATED, WITH YOU ON SAFARI...**

In such (an unlikely) situation, proceed as follows:

### **A) CALL FOR HELP – SEE BELOW...**

You should have one phone within your group which will have been charged but kept off for use in emergency. (You should carry this phone on your person with you, inside your clothing at all times).

There are two different procedures to follow, depending on the state of the emergency.

### **If definitely life threatening, first call 112.**

It takes 2 – 3 hours to mobilise helicopter or other medical support – particularly in remote locations. Hence, just getting the process started even if you do not give full details at first, can be useful.

Simply state that you are

- a) in Enontekiö, (and North / West / East of Hetta if you know)
- b) that there has been an accident that will require evacuation by helicopter. Then,
- c) state that someone will call them back and give further information.

Do NOT stay on the phone trying to provide much information (despite the fact that the authorities will try to make you do so), since in reality it is better if you then call a) your snowmobile support person (they are probably actually pretty close to you and they can also far more easily explain your location and the ease with which authorities can reach you or not, to those needing to know) or b) base.

### **For all other situations, proceed as follows:**

- 1) **Call your snowmobile guide** (often Pasi) since they will be relatively nearby and therefore able to react more quickly than anyone else. Make sure that you have their number! If you can't get through to them straight away (they may not hear the phone whilst on the snowmobile), then send them a text to call you back urgently.
- 2) **Call Anna / the farmhouse base number (see below).** Anna will be reachable on one of these numbers 24 / 7 during your journey.
- 3) If, for some reason, you cannot reach your snowmobile guide / anyone at the base, call 112 and try to explain where you are and what the situation is.

NB: The reason it is best to call first your snowmobile guide and then Anna rather than straight to the emergency services is because they will be able to explain to the emergency services (if need be) where you are more easily than you will be able to and she will also be able to organise for someone to reach you more quickly than the emergency services probably can. (The response time in this area can be up to three hours on the main roads!). Your snowmobile guide will generally be able to reach you within a period of 20 – 30 minutes whereas you will probably lose at least 10 – 20 minutes trying to explain the situation to the emergency services.

When you reach someone try to explain clearly:

- a) what the problem is
- b) the severity of the injury / any other injuries that you or others in the group have sustained
- c) what you have done thus far to protect your guide from the cold
- d) how long you have been mushing already that day / any other description you can give to help us to ascertain how far along your day's route you are (eg have you crossed any roads / passed any buildings or power lines or reindeer fences etc).

- e) If you have a GPS with you then obviously give your GPS location but please also state which system you are using since the different systems and ways of expressing the coordinates can show you to be in a very different place (international system, KKJ, YKJ, latitude and longitude (there are four different ways of expressing these) etc. Our GPSs are set to latitudes and longitudes and the Finnish rescue systems use coordinate system WGS 84. They use latitudes and longitudes and communicate these in degrees, minutes and decimals of minutes (not seconds). If this makes no sense, don't worry. Just give the information on your GPS and it will still help us to hone in on you.

Alternatively, the following GPS coordinates cover pretty much all key crossroads:

Hetta Huskies Farmhouse	68.38421038397149, 23.55871177907037
12km Road Crossing	68.37297517751432, 23.515581858084445
20km Road Crossing	68.36006482968605, 23.460972082588878
30km Road Crossing	68.35829224864756, 23.447131884302124
Anti's Northern Lights Kota	68.43855255410506, 23.402757418040366
Crossing of the SMB track and the Palojoiki Road	68.50705402633096, 23.29100586164987
SMB Road crossing Nakkala Road	68.56355669556733, 23.329972994175773
Galdotieva Cabins	68.571146579617, 23.335037004805525
Syväjärvi Cabin	68.61943280691621, 22.56251789269837
Näkkälä Cabin	68.59205255162769, 23.575234186310485
Road Crossing on approach to Ounasjärvi	68.39598517859405, 23.694882164399168

Please put the following numbers into your 'emergency contact' phone and also make sure that Anna / the guide responsible for your safety at the farm base has your phone number. Add, too, the number of your lead guide.

Once you have made an emergency call, keep your phone on and accessible until the situation has been resolved.

The farmhouse landline is 00 358 (0) 1664 1590.

Pasi's number is 00 358 (0) 50 772 762

Anna's number is 00 358 (0) 40 353 2076



## **B) PROTECT YOURSELVES AND ANY INJURED PARTIES**

The general principles in case of emergency / accident are to:

- Remove injured and non-involved from the potential for further danger,
- Move (assuming that you don't suspect a spinal injury) the injured party to a safe place.
- Treat with first aid, if need be, to the best of your knowledge. Continue to monitor the vital signs (breathing and heart) of the injured party and staunch any major bleeding as best you can.
- Keep the injured party warm since they are more susceptible to the cold when likely to go into shock.
- Have one person gathering together the emergency kit from amongst the sleighs / under the seat of the snowmobile or in its back box. Spread out between you, you will find a first aid kit, silver foil blankets and maybe a kisu (an emergency shelter which should be big enough for the majority of the people to fit within) or double bivvy bag. There are also extra hats and gloves in the snowmobile and you will have your sleeping bags in your sleighs in case you need them to keep you warm during an unexpected break.
- If you have extra layers with you and anticipate a lengthy wait, it is worth adding them ASAP before you lose all of the heat that you have accumulated whilst moving.
- Remember that whoever is stationary will need to be insulated FROM the cold of the ground. It isn't enough to just put insulation on top of you / the injured party.
- If you are on a snowmobile track and there is poor visibility to oncoming traffic (eg if you are just below the lip of a hill) – move / position people so as to be able to alert oncoming traffic to your location.
- Be ready to guide helpers to the site.

## **C) LOOK AFTER YOUR DOGS**



In addition to the above, you will need to try to keep your dogs secure and safe from harm – primarily from each other. Tie up if you are near to a tree. Otherwise, use your snow anchors and ideally position your group in front of the dogs so that you could grab them if they pull their anchor loose.

NB: Normally, if you are stopping mid-safari the dogs will generally be content to lie down and rest. If so, just check that they are not tangled in the lines and, if you can find blankets in the snowmobiles / sleigh bags, put

them on those that, in priority order, are a) injured b) have the shortest coats c) are showing signs of being cold (ie shivering).

NB: The dogs cannot be allowed to go free. However, they CAN provide good warmth to you and to the injured party if you can position yourselves close to them. If you are on a long safari with us then you probably know the dogs with you well enough to know which are likely to cuddle with you to keep you warm and which will not.

#### **D) WATCH FOR SIGNS OF SHOCK**

Shock occurs whenever the heart and blood vessels fail to supply an adequate amount of oxygen-rich blood to the other vital organs of the body. There is some degree of shock in almost every illness or injury although it may not be apparent immediately.

There are four types of shock and in an accident scenario it is not just the victim who is at risk. Others in the group may be at risk of going into a degree of (psychogenic) shock (from the pressure or fear related to the situation). The victim themselves is at greatest risk (of hypovolemic shock) if there has been blood or fluid loss externally or internally.

Common signs of shock may include one or more of the following symptoms:

1. Anxiety, restlessness or fainting;
2. Nausea and vomiting;
3. Excessive thirst;
4. Eyes with dilated pupils that do not seem to focus on anything, as if staring blankly into outer space;
5. Shallow, rapid and irregular breathing, possibly leading to hyperventilation;
6. Clammy, cold, pale, pasty skin;
7. A rapid, weak or absent pulse.

The important thing for you to remember is to remain cool, calm and collected! If someone in the group is panicking, take them away from the injured party / the party in shock.

You can sometimes prevent the shocked state from getting too bad if you catch it in its early stages and comfort and reassure.

If you are sure that they are already in shock:

- a) Place them on their back and elevate the legs about 6-12 inches to keep blood flowing to the brain.  
If the victim is vomiting or bleeding from the mouth, then place him or her on their side, or place them on their back with the head turned to one side to expel the vomit or blood and prevent choking. If a head or neck injury is known or suspected, then keep them lying flat on their back and still;
- b) Use a head tilt, chin lift or jaw thrust to maintain an open airway for breathing;
- c) Use either direct pressure, elevation, indirect pressure or a tourniquet, as required by the circumstances, control any bleeding that may be occurring;
- d) Splint any broken bones to relieve pain and prevent further injury;
- e) Make the victim as comfortable as possible, and try to maintain a normal (37.0°C/98.6°F) body temperature. If possible, remove any wet or restrictive clothing, and place blankets or other padding under the victim. Cover the victim with blankets, if necessary, to maintain normal body temperature. Use NO artificial means to warm the shock victim's body;
- f) Keep the victim calm and as comfortable as possible. Do not allow the victim to see his or her injuries. Avoid any excitement of the victim or anybody else nearby. Avoid excessive handling, as that may aggravate the problem leading to more serious complications. Make sure the victim knows that somebody is already calling for professional medical assistance, and that it is actually being done by somebody who can provide a clear and concise description of the problems as well as giving directions to where the victim is located;
- g) Administer mouth-to-mouth resuscitation, if necessary;
- h) Do NOT give a shock victim ANY food or drink. If the victim indicates thirst, then wet a towel and use it to wet his or her lips.

#### **FINALLY – DON'T PANIC.**

**BY COMPILING THIS INFORMATION FORM, WE ARE NOT TRYING TO FRIGHTEN YOU. WE ARE JUST TRYING TO COVER ALL OF OUR BASES AND TO GIVE YOU CLEAR GUIDELINES AS TO WHAT YOU CAN DO, IN A WORST CASE SCENARIO. TO DATE, NO-ONE HAS NEEDED THE INFO!**