

TEAM UK Advanced

RIDER EMERGENCY ACTION

NAME

DATE OF BIRTH

ADDRESS

.....

.....

MEDICAL CONDITIONS

.....

ALLERGIES

CONTACT

TEAM UK Advanced

EMERGENCY ACTION

STAY CALM

SEEK HELP

MAKE SCENE SAFE

MANAGE TRAFFIC

LOCATION/ROAD NO'S

CALL EMERGENCY SERVICES

ATTEND INJURED

BASIC 1ST AID

KEEP INJURED WARM

- A AIRWAYS
- B BREATHING
- C CIRCULATION

SEEK ADVICE FROM EMERGENCY SERVICES IF NECESSARY