

EMERGENCY PREP



AFTER A CRASH

BEFORE YOU GO

- Consider first aid training
- Consider insurance
- Leave an itinerary/estimated return time

CARRY WITH YOU

- Cell phone
- Personal identification, insurance card
- Emergency contact info
- Something to write with/on
- First aid kit & “cheat sheet”
- Consider video cameras

DON'T

- Negotiate or argue with the driver of the vehicle
- Talk to insurance until you talk to a lawyer

- Get somewhere safe
- Call 911 immediately
 - Wait for police & file an official report
 - Get medical attention
- Obtain information
 - Driver: name & contact info, CDL, insurance info, license plate
 - Law enforcement: contact info, jurisdiction
 - Witnesses: name, contact info
- Preserve evidence
 - Don't move bike, etc. unless necessary for safety
 - Take photos of injuries, your bicycle, skid marks
 - Don't repair bike
 - Continue to document!

FIRST AID: TRAUMA

STAY CALM! (walk, don't run. Think!)

CALL 911 (where are you?)

SCENE SAFETY (gloves, traffic, do you need to move them?)

Responsive (get name, person to contact)

Airway (tilt head)

Breathing (rescue breathing)

Circulation (no pulse? CPR 2" 100 bpm)

(check for bleeding; direct pressure)

Disability (hold their head still)

Environment (keep them warm/cool)

FIRST AID: MEDICAL

STAY CALM! (walk, don't run. Think!)

CALL 911 (where are you?)

SCENE SAFETY (gloves, traffic, do you need to move them?)

LOC, heart & respiratory rate, skin, pupils

Heat/cold (cool off/warm up)

Diabetes (give sugar)

Heart attack (CPR)

Allergy (Epi-Pen, Benadryl)

Seizure (recovery position)

Stroke

Snakebite (NO cut-n-suck, NO elevation, STAY CALM)