

## In the event of an accident

- Keep calm, and keep those around you calm
- Protect the injured persons and yourself from any immediate danger (from falling down, sliding rocks, suffocation, the cold; keep them and yourself dry) as best you can
- Provide first aid to the injured person as best you can
- Mark the accident site or the place where the injured person is located (especially in wintertime)
- Immediately inform the HGSS (Croatian Mountain Rescue Service) of the accident

## How to submit the information regarding an accident on a mountain or other inaccessible terrain where aid of the HGSS is required

- By calling 112
- By calling Croatian Mountain Rescue Service stations
- At HGSS Information points; these are usually well-supplied mountain shelters, clearly marked by a HGSS sign and symbol
- By calling the police 192
- By calling the emergency medical stations 194
- By contacting a member of the Croatian Mountain Rescue Service

## Information on the accident should contain the following information

- The caller (first name, surname, telephone/mobile phone number), to enable later contact and to obtain additional
- Location from which the call is made and how the caller learned of the accident (as an eyewitness or as an intermediary)
- Accident location (accurate description)
- Data regarding the accident victim (name, surname, age, address)
- What has happened (cause of the accident and type of injuries sustained)
- What has been done so far (what kind of first aid was administered, who has been informed of the accident)
- Weather conditions at the site of the accident
- Type of access to the accident site

## Distress signal

A distress signal on the mountain or on the rock face can be sent by light or sound signals. Distress signal and the response should be repeated until clear and stable communication is established.

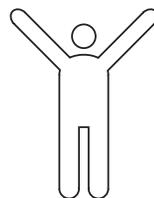
Distress signals are sent six times a minute, every other minute, and they are acknowledged by repeating the signal three times a minute every other minute.

Forming the letter "Y" – "yes" with one's body (body is in the upright position, with both arms raised to form the letter "Y") is a signal that you need help as is the launching of a red flare.

## Recommendations: Mountaineering

- Choose a hike which you can manage, both physically and in terms of time
- Never go into the mountain alone, stay with the group
- Inform your family on your route and return time and adhere to that
- Register in the visitors logbook at mountain shelters
- Ask for and listen to an advice from the superintendent of the mountain shelter or experienced mountaineers
- Count on the possibility of changes in weather, take along a spare set of warm clothes a hat, as well as protection from the wind and the
- Be sure to take along sufficient quantity of drinking water
- Always carry a battery-operated torch
- Carry a mobile phone (fully charge the battery before venturing outdoors)
- Always take along matches or a lighter and a candle
- Always carry a small personal first aid kit
- When setting out on longer trips, always take along a mountaineering map and, if possible, a compass
- Keep to marked climbing routes
- Wear sturdy, comfortable boots with corrugated rubber soles
- Be especially careful in wintertime and be mindful of an early sunset.
- During the wintertime, do not go to destinations you are not familiar with in summertime conditions
- Do not go high into the mountain during the wintertime, without experienced mountaineers in your group
- After heavy snowfalls, do not venture to higher mountains for three days
- Keep track of the weather forecast and information on the snow conditions and avalanche risks

[www.gss.hr](http://www.gss.hr) ☎ 112



Yes!  
Need Help!



No!  
Don't need Help



## CROATIAN MOUNTAIN RESCUE SERVICE

### About us

Croatian Mountain Rescue Service (Hrvatska gorska služba spašavanja – HGSS) is a volunteer and a non-profit public organisation. It specializes in rescue operations on mountains, rock faces, and speleological objects, in hard and inaccessible terrains and in especially severe weather conditions when specialized professional expertise and rescue equipment must be used. HGSS has been caring for the safety of Croatian citizens and guests since 1950, 24 hours a day, 365 days a year.

### Rescue operations

The Service has more than 65 years of experience and has conducted more than 6500 successful and safe rescue operations. In these rescue operations, the adverse effects of accidents and injuries were always mitigated, the recovery of the injured persons was accelerated, disabilities caused by the accidents were reduced and in many cases, often under dramatic circumstances, human lives were saved. It is the cognisance of these facts that is the greatest reward for all the efforts made by the mountain rescuers. Neither Croatian Mountain Rescue Service nor its members charge anything for their rescue operations. Rescue is free of charge for all those who were rescued.

