

My I.C.E. Information

Your identity

Name

Language spoken

Address

Emergency contact/Next of kin Relationship

Home phone

Mobile

Medication (Including over-the-counters medicines)

Any current illness/disability

Relevant Medical History (What would want emergency staff to know about you current state of health?)

Other important information (e.g. allergies)

Doctor's name, address, phone number

NHS No./EHIC/

Travel Health Insurance details

Organ donor?

Yes

No



Register here!

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1. At the scene of an accident - Stay calm!

2. Phone 999

3. Reassure the victim

4. Stop any bleeding. If available, use sterile bandages.

4.1 Use a pressure point above the bleeding

5. If breathing, leave the helmet on.

6. If not breathing, remove helmet carefully, hold the neck, then begin CPR.

7. Continue CPR until emergency services arrive.

8. Monitor for signs of shock:

8.1 Inability to answer simple questions

8.2 Skin is pale, cool, clammy

8.3 Delayed capillary refill: squeeze finger tip - should turn pink in 2s

9. Keep the area clear of onlookers.

10. Wave down the First Responder/Ambulance



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Biker I.C.E. Card

use in case of EMERGENCY



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Sheffield & District Advanced Motorcyclists
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