

1. In Finland, the **emergency number is 112**. It works without a SIM card, PIN code, or Finnish phone subscription. Safari guides must be prepared to call 112 in case of accidents, lost persons, or other emergencies.

### **Steps to Follow When Calling 112**

1. Stay calm and ensure your own safety.
2. Dial 112 and wait for the operator.
3. Immediately say: 'I speak English.'
4. Describe what happened clearly.
5. Give your exact location (use 112 Suomi app if possible).
6. Mention how many people are injured and their condition.
7. Answer all questions from the operator.
8. Follow instructions and stay on the line until told to hang up.

### **112 Mobile App**



#### **How to Set Up the 112 Suomi App**

1. Download the App

Available free of charge from:

Google Play (Android)

App Store (iOS)

AppGallery (Huawei)

2. First-Time Setup

Open the app after installation.

Enter your phone number.

Choose your preferred language: Finnish, Swedish, or English.

Allow all permissions requested by the app:

Location access

Notifications

Background activity (if prompted)

These permissions are essential for the app to send your location during an emergency call.



#### **Using the App in an Emergency**

Always call 112 through the app if possible.

Your exact location is automatically sent to the Emergency Response Centre.

This helps dispatchers send help faster and more accurately.

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## **2. First aid for an unconscious person**

The Recovery position is important because:

It Keeps airways open, prevents choking on vomit.

Remember: You shouldn't move the person if there's Suspected spinal injury or major trauma.

### **Placing in the Recovery Position (kouluttajat näyttää)**

Try to wake them up by talking and shaking.

If the person does not wake up, call 112. Put the phone on speaker.

Check if the person's breathing is normal. Clear the airways by tilting the head back and lifting the chin up. Feel the breath with your cheek. Also check if the person's chest is moving. If the person's breathing is normal, secure the breathing by turning them on their side.

Raise the arm farthest from you above the head. Bend the knee closest to you. Bring the nearest arm across the chest and place the hand on the opposite cheek. Gently roll the person onto their side, supporting the head and body. Ensure that the airways are clear and see if the breathing remains normal. Observe the patient until the paramedics arrive.

## **3. Cold Protection**

Cold Protection Matters for an Unconscious or Injured Person, because:

They may not be able to protect themselves. Whether unconscious or injured, the person may be unable to move, seek shelter, or cover themselves. This makes them vulnerable to cold exposure.

There is a Risk of hypothermia. Even in above-freezing temperatures, lying still on the ground can lead to hypothermia—a dangerous drop in body temperature. Wet clothing, wind, or snow increase the risk. In Finland there is a risk even at in summertime.

Cold worsens injuries and shock. Cold can intensify shock, reduce blood flow, and slow down the body's ability to heal. It can also make pain worse and impair decision-making.

Head and core protection is critical. The head, chest, and abdomen are key areas for maintaining body heat. Covering these areas helps prevent further heat loss.

Blankets are life-saving tools. Properly wrapping the person in one or two blankets can significantly slow down heat loss and improve their chances of survival until help arrives.

Simple actions make a big difference! Even basic cold protection—like using a blanket, jacket, or insulating the person from the ground—can save lives in cold environments.

### **Protecting the patient with one blanket (kouluttajat näyttää)**

First, fold the lower corner of the blanket over the legs. Then, fold both sides. Finally, fold the upper corner to protect the head.

### **Protecting the patient with two blankets (kouluttajat näyttää)**

Roll up the lower end of the blanket first, and then the sides. Roll up the upper end of the blanket, which will protect the head, and then fold the sides around the body.

## **4. Ensuring the safety of the snowmobile and preventing further damage**

1. Ensure your own safety first. Park your own snowmobile in a safe location, away from the accident. Turn off the engine and remove the key.
2. Secure the accident snowmobile. Turn off the ignition of the crashed snowmobile. Remove the key if possible to prevent accidental starting. If the snowmobile is on its side or upside down, do not attempt to move it unless it poses a danger (e.g. fuel leak or fire risk).
3. Check for fuel leaks or fire hazards. If you smell fuel or see leaking fluids, keep a safe distance and warn others. Do not smoke or use open flames near the vehicle.
4. Mark and secure the area. Use warning triangles, reflective vests, or headlamps to make the scene visible to others. If on a trail, warn approaching riders to slow down or stop.

5. Do not restart the snowmobile. Even if it seems undamaged, do not attempt to restart the snowmobile until it has been inspected.

## **5. How to Guide Rescue Personnel to a Location in the Wilderness**

**Provide an Accurate Location.** Use the 112 Suomi app to make the emergency call – it automatically sends your exact GPS location. If you're not using the app, provide: GPS coordinates (if available). The nearest landmark (e.g. road, hut, fell, trail marker) and Distance and direction from the nearest known place.

**Give a Clear Verbal Description.** Describe the terrain: is it forest, swamp, fell, or lakeshore? Can the area be reached by vehicle, or is it accessible only on foot? Are there any visible signs (e.g. smoke, bright clothing, lights)?

**Make Yourself Visible.** Use reflective gear, flashlights, headlamps, or flares. If possible, send someone to a trail junction or road to guide rescuers.

**Maintain Communication.** Keep your phone line open with emergency services or rescuers. Make sure your battery lasts – use power-saving mode if needed. If there's no signal, send someone to a location with coverage.

**Prepare to Receive Help.** Assign someone to meet and guide the rescuers. Keep the route clear and safe (e.g. move snowmobiles or obstacles). Inform rescuers of any hazards in the area (e.g. ice, cliffs, animals).