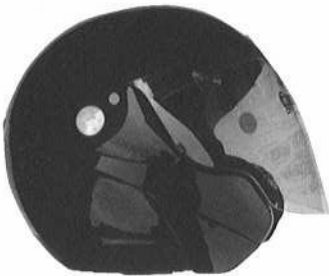




**Affix dot to  
right hand side  
of helmet or visor**



Dear motorcyclist,

It is great that you have collected a **CRASH** Card which is designed by paramedics who are passionate about motorcycles.

At some point in your riding life you'll have an 'unscheduled dismount' or you will be with a rider who does. **CRASH** is intended to be a set of easy to remember steps to keep **you** safe as well the unfortunate rider who has been involved in an accident.

If you're injured and are unable to talk coherently because of concussion or having been knocked out, how does the ambulance crew attending find out who you are, what medication you take or your medical history? What information does the 999 call centre need? How can you help the rider who is injured?

One side of the card has the mnemonic **CRASH** - take time to read it. The person making the 999 call is the most important person at the scene because the information they give determines the response of the emergency services.

The card follows a similar set of questions universally used by ambulance service control centres, and focuses on safety, the location of the accident, and how serious it is.

The other side includes information used by the ambulance service and hospital:

**Name:** First and surnames are best, so please avoid nicknames.

**Post code.**

**Date of birth.**

**Medical history:** If you have had any operations in the last 12 months and/or suffer with a chronic illness e.g. diabetes, asthma, angina, etc.

**Medication:** List any medications you currently take.

Then, just put the card under the lining of your crash helmet because that's where the crew will look for it. Remember - removing a crash helmet is a skill which takes two people and is practised the ambulance service - don't **ever** attempt to remove another rider's helmet on your own.

Help alert emergency responders to your crash card - place the green dot on the right hand corner of your visor/helmet, making sure it's not in your field of view. And don't worry, it's safe to stick on any helmet.

Hopefully no-one will ever need to use the **CRASH** Card but just carrying it around could make riders everywhere think carefully about their safety.

**Ian Burrell**

(HPC registered Paramedic)  
Chairman, Ambulance Motorcycle Club

**Hayden Newton**

Chief executive  
East of England Ambulance Service

[www.ambulancemotorcycleclub.150m.com](http://www.ambulancemotorcycleclub.150m.com). The Ambulance Motorcycle Club is run by volunteers and wishes to help promote safe riding. We love bikes and hate falling off them. Please note that membership of the Club is for ambulance staff only.

