

EMERGENCY CARD DETAILS FOR INISHOWEN

<u>COAST GUARD INFORMATION</u>		<u>Coastguard VHF Radio:Stations</u>			
Malin Head MRSC	Tel: (074) 9370103	Channels: 16,23,67,DSC70			
Belfast MRSC	Tel: (0044) 28 9146 3933 From the R.O.I Tel:048 28 9146 3933	Channels:16,67			
<u>RNLI STATION</u>					
Buncrana RNLI station	Tel: 074 9361710				
Air Corp	Tel:071 9841163				
<u>Recompression Chambers</u>					
Galway Recompression Chamber and ask for recompression chamber or Anaesthetist		Tel:091 524222			
Recompression Chamber Unit for Northern Ireland. Craigavon Area Hospital		Tel:(0044)28 3833 4444 From the ROI Tel: 04838334444			
Dunstaffnage Marine Laboratory (Oban		Tel:(0044)1631 563175			
Isle of Man Hyperbaric Facility		Tel:(0044) 1624 626394			
<u>Nearest Hospitals</u>					
Letterkenny General Hospital		Tel: (074) 9125888			
Altnagelvin Area Hospital		Tel: (0044) 28 71 345171 From the R.O.I 0482871345171			
Ballyshannon Ambulance control		Tel: (071) 985 18 88			
Nearest Doctor		Tel:			
Alternative Doctor		Tel:			
<u>Local Gardia stations</u>					
Buncrana:		Tel: (074) 9320540			
Malin		Tel:(074) 9370602			
Moville		Tel:(074)9382002			
<u>EMERGENCY DETAILS</u>					
Nearest Telephone Location					
Nearest Helipad/Landing Area					
<u>Emergency Vehicle Details</u>					
Registration No		Colour of Vehicle			
Make/Model		Location of Vehicle			
Location of Mobile Phone					
<u>RDO Details</u>					
Name:	Des McAnallen	MobileNo	0044 7771813183	Home No	048 82248407
<u>Remember These Points</u>					
<u>CPR</u>					
A= Airway		B =Breathing		C =Circulation	
Oxygen at 15 litres per Hour					
<u>STOP THINK ACT</u>			<u>ANTICIPATE ASSESS ACT</u>		
IN CASE OF EMERGENCY DIAL 999 / 112 and ask for IRISH COASTGUARD					