

Live safely: your bfu

The bfu is committed to safety by public appointment. As the Swiss Competence Centre for Accident Prevention it conducts research in the sectors of road traffic, sport, home and leisure and passes on its knowledge to private individuals and specialist circles by means of consultancy, training sessions and communications. Find out more about accident prevention on the bfu website: www.bfu.ch



www.socialmedia.bfu.ch

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READY FOR THE MOUNTAIN?



safetykit.bfu.ch



Up hill and down dale in safety

Hiking is a popular and healthy pastime – but it can also be demanding up in the mountains. A moment's inattention and a slip or trip can lead to a tumble or even to a fall with fatal consequences in exposed places. The bfu's tips will help you avoid such hazards.

Careful planning

Plan your route, the time required and extra time as well as alternative routes. Take into account the requirements, route conditions and the weather. Tell someone else about your trip, particularly if you are setting off on your own.

Realistic self-assessment

Assess your actual abilities realistically and adjust your plans accordingly. Do not demand too much of yourself. Are you surefooted enough for steep and narrow mountain hiking paths?

Well equipped

Wear sturdy hiking shoes with non-slip soles. Take along protection against the sun and rain as well as warm clothing. An up-to-date map will help with orientation. Don't forget to take a first-aid kit, an emergency blanket and a mobile phone for emergencies.

Safely on track

Being tired can seriously affect your sure-footedness. Drink, eat and rest regularly to stay fit and focussed. Also keep track of the time needed and changes in the weather. Do not leave the marked trail. Turn back in time if necessary.

Take care

In exposed places

Watch your step.

When it's slippery

Avoid icy patches and snowfields.

On the descent

Include sufficient time and make sure you're not too tired.

A microfibre sports towel, the ideal companion on hiking tours

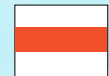
Use a sports towel to dry off perspiration or wet feet after cooling in a stream, to give signals during a rescue or as a picnic cloth. Attach it to your rucksack, trousers or jacket.

Do you know the difference between the yellow, white-red-white and white-blue-white markings for hiking trails?



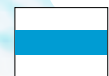
Hiking trails

No special demands on hikers. Shoes with non-slip soles are recommended.



Mountain trails

Mostly steep, narrow and exposed in places. Hikers must be physically fit, surefooted, have a head for heights and wear sturdy hiking shoes.



Alpine trails

Sometimes across glaciers and scree, with short climbing sections, to some extent without marked trails. Hikers must be physically very fit, surefooted, have a head for heights, alpine experience and the corresponding equipment.

Further information on mountain hiking is given here:
www.sicher-bergwandern.ch.