# Contents

# Safety Guidelines and Warnings

## 一、Travel Safety Common Sense

Before traveling, understand the climate, weather conditions, and local security situation of your destination, and conduct a risk assessment. For business trips and travel, prioritize state-owned transportation such as airplanes, trains, and cars. Do not hitchhike or take poorly maintained vehicles. Maintain awareness of your surroundings.

**1. Check your footwear to make sure the soles are not too loose or worn. Observe warning signs such as "Caution: Wet Floor." If you fall:**

1) Keep your limbs parallel to the ground.

2) Spread your fingers and use your palms to support your body, lessening the impact.

3) Bend your arm towards your body.

4) Try to land on your thighs or buttocks to avoid fractures.

5) If you think you are injured, do not move. Wait for assistance.

**2. When choosing a hotel, please consider the following aspects:**

1) The hotel's guest rooms and public areas are equipped with fire protection facilities, such as sprinkler systems.

2) The hotel rooms and public areas are equipped with fire detection systems.

3) Hotel rooms have basic anti-theft systems.

4) Equipped with emergency indicator lights and emergency escape routes

5) Hotels should have a safe evacuation plan, and mark it on the door with a diagram.

6) The hotel is staffed with 24-hour security personnel.

7) The hotel is relatively isolated from its surroundings.

8) It is best to choose a hotel with a curfew and secure locking doors.

9) Do not share a twin room with strangers, and try to choose a lower floor.

10) Upon entering the room, first check if the doors and windows are intact, locate the telephone and lights, find out the contact numbers for the general service desk, floor service desk, and security department, familiarize yourself with your location and escape routes.

**3. Airplane. Professional airline safety personnel will assist you.**

1. If you are on a long journey, you should do some stretching exercises to

improve blood circulation and reduce muscle stiffness. Exercises such as moving your legs, shrugging your shoulders, and flexing your feet can be done while seated.

2. Know the location of the emergency exits.

3. Will you be using the overhead compartment? Please consider your height, the weight of the item, and your physical condition when storing or retrieving baggage from the overhead compartment. Lifting items over your shoulder should be limited to light objects. If needed, consider asking a flight attendant for assistance or placing your baggage under the seat in front of you.

**4. Luggage should be easy to carry. Carrying large luggage can cause muscle fatigue or even sprains.**

1) Pack light.

2) Select a wheeled suitcase.

3) Avoid over-the-shoulder bags/laptop bags, especially if you have back problems. Carrying heavy objects on one shoulder can cause your other shoulder to rise and your body to lose balance and tilt.

4) Ask for help if needed. You can ask the porter to help you load or unload your luggage.

**5. When reporting an incident, you can use the alert button or call the police. Please clearly explain the 5Ws: WHO (personnel involved), WHICH (nature of the incident), WHERE (location), WHAT (details of the event), and WHEN (time of occurrence).**

**6. Personal health and safety**

Travelers who have been advised by a doctor not to travel (for example, those with some degree of heart, lung, liver, or kidney dysfunction and are not suitable for long-distance travel), or those with high blood pressure, should have a physical examination before traveling. Choose safe and stable transportation (trains and airplanes are generally recommended), and it's best to travel with family members. Bring essential medications with you to prevent worsening of any illnesses and improve travel safety. Seek immediate medical attention if any symptoms occur.

**7. Food poisoning**

1) Many so-called cases of food poisoning are actually travel safety incidents caused by tourists eating poisonous, spoiled, or unclean food, leading to gastrointestinal discomfort or even death. Pay extra attention during summer or when traveling in coastal areas.

2) Choose legal, hygienic restaurants.

3) To minimize the risk of food poisoning from seafood, purchase it from reputable vendors. Choose live seafood whenever possible, and avoid dead

crabs. When buying fresh abalone, razor clams, or geoduck, select live ones that move when touched. Scrub the shells of shellfish with clean water before cooking. Soak shellfish in lightly salted water for about an hour before cooking to allow them to expel sand. Avoid soaking for too long, as this can contaminate the fresh seafood with any spoiled pieces.

4) Eating raw seafood: freeze it first, then pour some light salt water over it to kill bacteria. For people with poor intestinal immunity, eating raw seafood has potentially fatal dangers. You can put seafood such as oysters on ice first, then pour some light salt water over them, which can effectively kill bacteria and make eating raw seafood safer.

**8. Disastrous weather**

1) Before a typhoon arrives, prepare flashlights, radios, food, drinking water, and common medicines for emergencies. During a typhoon, stay indoors in a safe place. If you are outdoors, return to a safe and sturdy house as soon as possible, and watch out for falling objects (such as fallen trees, flowerpots, and advertising signs) along the way. Stay away from high-rise buildings with curtain walls. Close doors and windows and check if they are secure. Remove hanging objects. Check whether electrical circuits, stoves, gas, and other facilities are safe. Move plants, animals, and other items kept outdoors to a safe place indoors, especially items on the roof. Reinforce outdoor objects that are easily blown away.

2) Stay indoors as much as possible and avoid going out when a storm comes. Be careful when using electrical appliances during strong winds and thunderstorms to prevent electric shock. Pay attention to hygiene and epidemic prevention after the storm to reduce the spread of diseases. If threatened by a flood, evacuate to hillsides, highlands, and other places in an organized manner along the designated route if time permits. If caught off guard and surrounded by floodwaters, use boats, rafts, doors, wooden beds, etc., for water evacuation as much as possible. If the flood comes too quickly and there is no time to evacuate, immediately climb to the roof, the upper floors of buildings, tall trees, or high walls for temporary shelter and wait for rescue. Do not swim alone to evacuate.

3) If the flood arrives and you don't have time to evacuate, quickly move to nearby slopes, highlands, buildings, flood shelters, or immediately climb onto rooftops, upper floors of buildings, large trees, high walls, or other high places to temporarily take shelter. If the floodwaters continue to rise and your temporary shelter is no longer safe, make full use of prepared lifesaving equipment to escape, or quickly find floatable materials such as doors, tables,

chairs, wooden beds, or large pieces of foam to tie together into a raft for escape. If you are already surrounded by floodwaters, try to contact the local government flood control department as soon as possible, report your location and the dangerous situation, and actively seek rescue.

4) Minimize outdoor activities before a blizzard, especially avoid driving, and seek shelter in a safe place. Do not stay in unstable or unsafe buildings.

5) Before an earthquake, prepare food, medicine, and other necessities in an emergency bag. Prepare fire-fighting equipment for potential fires after the earthquake. Check the expiration date of fire extinguishers. Place heavier objects at lower levels and secure them to prevent them from falling and causing injuries during an earthquake. Regularly inspect gas and electrical lines; gas cylinders should be secured. Be aware of the location of the main power switch and how to turn it off.

**9. Infectious diseases**

1) Patients with infectious diseases should be quarantined. Different infectious diseases have different quarantine methods. For intestinal infectious diseases, the main thing is to avoid direct or indirect contact with patients and their belongings. For respiratory infectious diseases, indoor air circulation should be maintained, and the patient's belongings should be separated from those of healthy people. Protective equipment should be provided for diseases transmitted by insects and animals.

2) Prevent zoonotic infectious diseases. The source of some infectious diseases is domestic animals, which can transmit pathogens to humans through contact, eating utensils, air, and drinking water. Pay special attention to prevention when traveling.

**10. Politically violent incidents**

1) Report to the police station: If you are traveling to a politically unstable or unsafe area, in addition to preparing several passport copies, you can report to the local police station in advance. Provide them with the number of people in your group, your planned return date, the hotel where you will be staying, and your contact information. If you do not report back to the police station by the specified date, the police will be alerted and will begin searching for you.

2) Play dead or lie low: If you encounter a similar armed hijacking or carjacking incident during your trip, it is recommended that you pretend to faint or have an epileptic seizure, falling to the ground or lying low to reduce the chance of being attacked. If you can communicate with the hijackers, try to find common ground and ease the tension; you might even be able to act as a negotiator. At the same time, never attempt to resist and try to comply with the hijackers' demands as much

as possible.

3) SMS Help: Sending a text message for help is better than making a phone call because making a call can be distracting, reducing your ability to react to sudden changes in the environment, and the perpetrator may hear the call and react. Of course, you can also enter the local emergency number on your phone first. It is best to keep your phone in your clothes or pants pocket for easy access.

## 二、Risk Prevention for Tourist Activities

When participating in itineraries included in Trip.com travel products or recommended optional activities (fees excluded), including but not limited to, plateau tours, skiing, ice skating, snowmobiling, grass skiing, and sand sliding, travelers should choose activities where they can control the risks and be responsible for their own safety.

## —) Mountain climbing

Mountaineering Risk Prevention

1. Mountain climbing has certain risks. Please fully refer to the relevant announcements and suggestions from the local scenic area and proceed according to your own physical condition.

2. You should have a physical checkup before climbing the mountain. Middle-aged and elderly people, and those with chronic diseases, in particular, should have a full physical checkup to avoid accidents.

3. Hiking boots, cloth shoes, and sneakers are recommended for mountain climbing. Leather shoes and plastic-soled shoes are slippery. For safety reasons, you can buy a bamboo stick or walking stick when climbing.

4. The mountain is high and the road is steep. When touring the mountain, it is advisable to walk slowly and not too fast. Remember to "walk without looking at the scenery, and look at the scenery without walking."

5. When taking pictures on steep peaks, do not move after choosing a good angle. Be especially careful not to step backward to prevent accidents.

6. The mountain weather is highly variable, changing from sunshine to rain frequently. Bring a raincoat for climbing, as umbrellas are not suitable in windy or rainy conditions.

7. Be aware of the mountain's climate characteristics. Before climbing, check the mountain weather forecast and bring appropriate clothing to protect yourself from the cold in the morning and evening to prevent catching a cold.

8. Plan your hiking route in advance, including rest stops and meal locations. It's best to have a guide familiar with the route to prevent aimless wandering in the mountains.

9. Pack light and travel with minimal baggage. Elderly travelers should bring a walking stick to conserve energy and enhance safety. When ascending steep slopes, it's best to take a zigzag route to reduce the incline.

10. It is essential to warm up before climbing, and movements should be slow. This is especially important for seniors and those with weaker physical conditions. When climbing, concentrate and watch your step. Remember to take breaks to avoid excessive fatigue.

11. During breaks, avoid sitting on damp ground or in drafty areas. If you're sweating, you can loosen your collar slightly, but don't remove your clothing or hat to prevent catching a cold.

12. Mountain climbing is not about competition, but about fitness or recreation. Therefore, don't focus on speed, just seek enjoyment. Walk slowly along stone steps and railings, or find shaded paths, enjoying the scenery, visiting historical sites, and chatting while touring, which is full of fun.

13. When climbing upward, consciously add a little bounce to each step. This not only saves energy but also makes you appear more energetic and lively.

14. When mountain climbing, always take precautions against waist and leg sprains. Therefore, during each break, massage the muscles in your waist and legs to prevent stiffness.

15. Obey the tour leader and do not leave the group without permission. Seek help immediately in case of danger.

16. Strongly refrain from hiking alone outdoors and always hike with a companion.

17. Absolutely avoid marching at night. Night marching faces risks such as getting lost, falling rocks, slips and falls, and wild animal attacks. If you cannot leave the mountain in time and the road conditions are dangerous, the best option is to camp on the spot or wait for rescue.

18. Don't walk too fast downhill, and never run, as this will put excessive strain on your knees and leg muscles, which can cause knee injuries or muscle strains.

# Emergency Accident Handling Plan

In the event of a mountain accident, rescue efforts should involve self-rescue, mutual rescue, and external rescue. These three steps should be closely coordinated and carried out promptly for optimal results. If necessary, report the incident to the authorities immediately and dial 120 to contact the emergency center.

1. The key to self-rescue is for climbers to master the necessary scientific knowledge related to mountaineering, protect themselves during falls, handle injuries, administer first aid, and use first-aid medicines.

2. Mutual rescue. Assess the situation, be flexible and resourceful, adapt to local conditions, and take prompt measures for rescue using whatever is available. The most important principles of mutual rescue are:

1) Administer first aid to the injured or sick, including artificial respiration, diuretics, and wound dressing. Then, quickly escort them to a lower altitude or a safe location. If a stretcher is unavailable, use trees, backpacks, sleeping bags, etc., to create a makeshift carrier.

2) If you are unable to carry out rescue work yourself, immediately try every means to send out a distress signal.

3. Organizing rescue efforts is a remedial measure that should commence immediately upon receiving a distress signal. Its success hinges on speed and efficiency, encompassing searching for victims, administering first aid on-site, and transporting victims to a safe location.

4. Fracture

1) First aid for bleeding injuries. If you fall while mountain climbing and injure yourself, causing bleeding, minor epidermal bleeding does not require special treatment and can heal on its own. However, severe bleeding can be life-threatening and requires emergency measures to stop the bleeding. For small wounds, direct pressure with a clean cloth near the wound can stop the bleeding. If blood soaks through the cloth, replace it repeatedly until there is no active bleeding. Only then should you cover the wound with sterile gauze and secure it with a bandage. If it is a cut or laceration that bleeds continuously, it is arterial bleeding, which is very dangerous. A tourniquet or pressure bandage must be used to stop the bleeding. However, note that after the tourniquet has been tightened for about 20 minutes, it should be loosened intermittently and then tightened again to avoid completely interrupting blood circulation to the limb below the tied area, which could cause necrosis. Alternatively, clean gauze or hemostatic cotton and other

hemostatic agents can be packed into the wound and then fixed with a pressure bandage.

2) Fractures and sprains. Slipping or losing your balance can easily lead to fractures, dislocations, or sprains. If a fracture or sprain occurs, first rest and avoid moving around, which could worsen the injury. Then, cool the affected area with river water, ice, or snow, but do not massage it. Next, use a board or substitute to support the affected area and apply a compression bandage to secure it. Elevate the injured area above heart level. Finally, transport the person to a hospital. Be careful during transport. Common methods include a two-person human chair, a single-person carry, two-person support, or a stretcher. For patients with spinal injuries, always place them on a flat, firm stretcher and secure them before transporting them to the hospital. Keep the body straight, as bending could cause spinal cord damage and paralysis.

5. Distress Signal

The first step to being rescued in an emergency is to contact the outside world and let others know your situation. SOS (Save Our Soul) is the internationally recognized distress signal. It can be written on the ground, transmitted by radio, signaled with flags, or otherwise coded. In addition, almost any action repeated three times symbolizes a call for help, such as lighting three fires, creating three columns of smoke, making three loud whistle blasts, gunshots, or flashes of light. If using sound or light signals, wait 1 minute after each set of three signals before repeating.

1) Smoke and fire signals.

Burning three piles of smoke and fire is an internationally recognized distress signal. Ideally, the fires should be arranged in a triangle with equal spacing for easy ignition. During the day, smoke is an excellent locator, so materials that produce smoke, such as plastic film and green leaves, should be added to the fire. The dense smoke rising into the sky creates a sharp contrast with the surrounding environment, making it easily noticeable. At night or in a deep green jungle, bright, dense smoke is very conspicuous. Adding green grass, leaves, moss, and ferns will produce thick smoke. Black smoke is most visible against snow or desert backgrounds, and rubber and gasoline can produce black smoke. Signal fires are unlikely to burn all day, but they should be ready at any time. Keep the fuel dry and easy to ignite, and light it as soon as any aircraft passes by. Birch bark is an ideal fuel. Gasoline can be used to start the fire quickly, but do not pour it directly onto the fuel. Use some cloth as a wick, soak it in gasoline, and place it on the fuel pile. Move the gasoline container to a safe place before igniting. Remember to prepare some green bark, oil, or rubber nearby to produce dense smoke.

2) Ground-to-air signals.

Find a large open area and set up signals that can be easily observed by air rescuers. The specifications of the signals should ideally be 10m long and 3m wide, with a 3m interval between each signal. "I" - Seriously injured patients need to be transferred immediately or require a doctor; "F" - Need food and drinking water; "II" - Need medicine; "LL" - Everything is OK; "X" - Unable to move; "→" - Move along this route.

3) Other signals.

A: light signal. Use sunlight and a mirror, or any bright material such as glass or a platinum sheet, to reflect the signal light. Continuous reflection will produce long lines and dots, a type of Morse code.

B: Semaphore signals: Swinging your arms from side to side indicates that you need rescuing. First, make a long stroke to the left, then a short stroke to the right.

# 二) Plateau Tours

## Plateau Travel Risk Prevention

If you have never been to a plateau, you must undergo a rigorous physical examination before entering the plateau. If you have heart, lung, brain, liver, or kidney disease, severe anemia, or high blood pressure, do not blindly enter the plateau. A cardiopulmonary function test and a characteristic hypoxic provocation test are especially important before your trip. Through these tests, you can scientifically evaluate and screen out people who are not suitable for plateau travel. To avoid accidents during the trip, individuals with the following conditions are not advised to visit high-altitude areas:

1) Patients with high blood pressure aged 50 and above.

2) People with organic heart disease or cerebrovascular disease.

3) People with uncontrolled diabetes.

4) Patients with chronic lung disease and various respiratory dysfunctions; patients with bronchial asthma.

5) Various blood disease patients.

6) Patients with pulmonary hypertension caused by various cardiopulmonary diseases.

7) People who are prone to sleep apnea.

8) Passengers with neurological and psychiatric disorders such as hysteria, epilepsy, and schizophrenia.

9) People with a severe cold or respiratory infection.

10) Those who have previously suffered from altitude sickness or other serious chronic diseases.

11) Children under 7 years old are not recommended to visit plateaus. Because children are in a period of physical development, they are very sensitive to the low-oxygen environment of the plateau and are prone to hypoxia and acute altitude sickness.

12) Seniors with weaker constitutions should also be cautious. Due to the decline in physical function, immunity, and the ability to cope with special environments, seniors are prone to colds and more susceptible to acute altitude sickness, which is also more difficult to treat.

1. For first-time visitors to the plateau, maintain a positive attitude and get plenty of sleep. It is recommended to rest more and exercise less on the first day in Tibet.
2. From the moment you decide to travel to a plateau, incorporate some anaerobic exercise into your daily routine. This can help your body develop a certain tolerance to hypoxia.
3. Prepare some common medications. In plateau areas, the respiratory system is very susceptible to infection, so bring some antibiotics. Due to limited sanitary conditions in plateau areas, gastroenteritis is common, so bring ciprofloxacin or sulfonamides.
4.The temperature difference between day and night in plateau areas can reach 15–20°C, so bring enough warm clothes.
5. Prepare anti-UV protection.
6. If you are flying directly to a high-altitude area, ensure you get enough sleep the night before, avoid greasy food, and do not drink alcohol. If traveling to a high-altitude area by car or train, plan your daily itinerary and limit the daily altitude increase to 400–600m. Upon arrival in a high-altitude area, avoid rapid ascents. Instead, ascend gradually and progressively to allow your body's systems and organs to adjust and adapt. Avoid and eliminate triggers. Cold, overexertion, and respiratory infections are common triggers. When first arriving in a high-altitude area, it is important to avoid overexertion, stay warm, and prevent respiratory infections.
7. Minimize physical activity and other strenuous activities while ascending to and upon arrival at high altitudes.
8. A light, vitamin-rich, and easily digestible diet is recommended. Drink plenty of

water, eat plenty of fruit, avoid overeating, and abstain from alcohol.
9. Please refrain from smoking and drinking alcohol, and take special care to avoid catching a cold or respiratory infection; these can aggravate altitude sickness. Avoid taking a shower for the first few days at high altitude to prevent catching a cold. Colds are often the main cause of acute high-altitude pulmonary edema (which is difficult to recover from in a hypoxic state). Many cases have proven that maintaining a positive and optimistic attitude has a positive impact on altitude sickness.
10. In the first few days upon arriving at high altitudes, avoid bathing to prevent catching a cold, as it can often be a major trigger for acute high-altitude pulmonary edema (which is difficult to recover from in a low-oxygen environment). Numerous cases have shown that maintaining a cheerful and optimistic attitude has a positive impact on altitude sickness.
11. When on the plateau, choose high-calorie and easily digestible foods. Avoid overeating, especially at dinner, to reduce the burden on the gastrointestinal tract and prevent chest tightness and palpitations caused by pressure on the heart and lungs. Newcomers to the plateau can sleep in a semi-recumbent position to lessen the burden on the heart and lungs. Avoid excessive alcohol consumption.

## Emergency Treatment Plan for Altitude Sickness

High altitude sickness is a specific disease that occurs in a high-altitude, low-oxygen environment. It is caused by the body's inability to adapt to the low air pressure and oxygen deficiency at high altitudes, leading to a series of pathological and physiological changes in the body. It encompasses a variety of clinical manifestations. Acute illnesses caused by other non-hypoxic pathogenic factors at high altitudes, such as frostbite and solar dermatitis caused by cold and solar radiation, are not included in this category. There is no need to panic if you experience altitude sickness. Treatment should be targeted based on the severity of the reaction.
1. If the reaction is mild, you can rest, drink an appropriate amount of water (not too much at one time), and reduce exercise. Generally, the symptoms will disappear or weaken after a period of time. Transferring the patient to a lower altitude is the most effective method to treat altitude sickness. If the reaction is more severe, you can take medicines such as "Gao Yuan An" or "Rhodiola" to alleviate altitude sickness. If possible, you can take "Rhodiola" three days before going to the plateau.

2. If your symptoms worsen, call emergency services immediately on 120, go to a hospital for treatment, including IV fluids and oxygen. Bed rest is essential.
2.如果症狀加重，應立即撥打急救電話 120，到醫院接受治療，例如輸液、吸氧等。您亦應臥床休息。

# 三）Skating

## Skating Safety Precautions

1. Beginners are recommended to find a skilled partner for guidance. After mastering the essentials, they can skate alone on the rink.
2. Rest before skating. Because the lower limbs and ankle joints exert the most effort when skating, excessive fatigue makes it difficult to maintain balance and easy to fall. In addition, it is best to take a break every 15–30 minutes while skating. During the break, untie your shoelaces to allow blood circulation in your feet and better eliminate foot fatigue.
3. Don't forget to warm up. Warm-up exercises can increase the excitability of the central nervous system, raise muscle temperature, promote blood circulation, and increase the flexibility and range of motion of joints and ligaments. After warming up, you are less likely to fall while ice skating.
4. When ice skating, wear clothing that is both warm and flexible for ease of movement. If possible, wear knee and wrist guards for protection. In extremely cold weather, wear gloves and earmuffs. After skating, dry off sweat promptly and dress warmly to prevent colds and frostbite.
5. Before getting on the ice, wear protective gear such as elbow pads, knee pads, gloves, and a helmet. Choose appropriate skates. After getting on the ice, try to maintain your balance, always skate counterclockwise, do not skate at high speed, do not chase or play around, and do not wear professional speed skates without permission. During each practice session, take a 2–3 minute break every 10–15 minutes. When your body is tired, take off your skates and relax your calf and foot muscles. Muscle tension and soreness in both legs after the first time on the ice is normal, and this feeling will disappear naturally after a few practice sessions.
6. When skating, if you lose your balance and are about to fall, bend your body immediately to lower your center of gravity. When falling, tuck in your limbs to avoid or reduce injuries.
7. Do not perform dangerous actions or obstruct other skiers. For example, do not jump around erratically. Do not ski hand-in-hand in groups of three or more, as this may cause multiple people to fall and injure themselves. Do not carry sharp

objects such as nail clippers or knives, or fragile glass bottles in your pockets or around your waist, to prevent injuries from falls.
8. Bring essential medicines before departure. For colds, take cold remedies such as Qingre Ganmao Chongji or Banlangen Chongji. For sprains, apply topical medications like Haodekuai or Dieda Zhitong Ye, or external plasters like Shexiang Zhuanggu Gao. You can also take oral medications such as Dieda Wan, Sanqi Pian, or Yunnan Baiyao Capsules to relieve pain and swelling.

## Emergency Accident Handling Plan

1. If necessary, protect the original state of the scene, including traces left by personnel and scattered objects, and do not move them at will.
2. Before investigators arrive, those involved can use ropes or other means to set up a safety cordon to prevent unrelated personnel from entering and avoid damage to the scene caused by human or natural factors. If injured persons must be moved from the scene for rescue purposes, their original positions should be marked, and the scene must not be deliberately damaged or tampered with.
3. Fracture

Fractures are often caused by falls, collisions, and blows. Key indicators of a fracture include subcutaneous bleeding, deformity, bone crepitus, swelling, and abnormal (non-joint) movement. If you suspect a fracture, immediately immobilize the area with a splint. If a splint isn't available, use a book or similar object for support. Avoid touching blood vessels, as this can worsen the deformity. Immobilization is beneficial even if there isn't a fracture. For serious injuries, call emergency services (120) immediately and go to the hospital.

1)Clavicle fracture

Symptoms: Deformed clavicle, hematoma, and increased pain with shoulder movement.

Treatment: At this point, stimulation of the fracture site should be minimized to avoid damage to the subclavian vessels. Simply use a triangular bandage to sling the upper limb. If a triangular bandage is not available, a scarf can be used as a substitute.

2) Upper arm fracture (humeral shaft fracture)

Symptoms: Swelling, bruising, and pain in the upper arm. Deformity when moving. Restricted upper limb movement.

Treatment: Apply splints first to the posterior side, then the anterior side, and finally the medial and lateral sides. Secure the splints with four bandages or 2-

3 triangular bandages. Since the radial nerve is close to the humerus, add extra padding at the fracture site during immobilization to prevent radial nerve damage (the radial nerve is responsible for the extensor function of the entire upper limb. If the radial nerve is damaged, elbow extension, wrist lifting, and finger straightening will be impaired). Keep the elbow bent and the upper limb suspended. If splints or other immobilization materials are not available, use a triangular bandage to secure the upper arm to the body. Fold the triangular bandage into a wide band, pass it through the fractured area of the upper arm, wrap it around the front and back of the chest, and tie a knot on the opposite side to secure it. The upper arm should also be suspended in front of the chest.

3) Forearm fracture

Symptoms: Forearm fracture of the radius or ulna, or fracture of both the radius and ulna. Non-joint movement and deformity are apparent during activity.

Treatment: Forearm fractures are unlikely to cause vascular or nerve damage. Immobilize the fracture with a small splint or two wooden boards, one above and one below the fracture. Bend the elbow to 90 degrees and sling it across the chest. Alternatively, support the forearm with a book and sling it directly.

4) Femoral fracture (thighbone fracture)

Symptoms: The femoral shaft is thick, and only huge violence such as a car accident can cause it. When the injury is large, there is a lot of bleeding, and shock is likely to occur. After the fracture, the thigh swells, hurts, deforms, or shortens.

Treatment: If possible, use a long splint from the armpit on the injured side to the heel and a short splint from the inside of the thigh to the heel. Bring the other leg alongside the injured limb and secure them together with seven wide bandages. Place cotton pads to protect the protruding bones of the knee and ankle joints, and fill any gaps with soft materials. Start securing the splint from above and below the fracture, then secure the knee, ankle, armpit, and waist. Keep the toes pointed vertically during fixation. If splints are unavailable, use triangular bandages, belts, or cloth strips to secure both legs together, ensuring padding is placed between the knees, ankles, and the gap between the legs.

5) Lower leg fracture

Symptoms: Bleeding, swelling.

Treatment: When immobilizing a fractured calf, avoid over-tightening the bandage. Add extra padding around the fracture site for protection. Ideally, use five splints for immobilization. If only two wooden boards are available, place them on the inner and outer sides of the injured leg. If there's only one board,

place it on the outer side of the injured leg or between both legs. Then, use bandages or triangular bandages to secure the areas above and below the knee, above and below the fracture, and around the ankle joint. Maintain the foot at a right angle and use a figure-eight bandage. If splints are unavailable, immobilize both legs together using the same method as for a femoral fracture.

6) Spinal fracture

Spinal fractures occur in the cervical and thoracolumbar vertebrae. Therefore, if a fracture is suspected, especially a spinal fracture, do not allow the injured person to attempt walking. When transporting someone with a suspected spinal fracture, always use a backboard to prevent further spinal cord injury. Otherwise, if the fractured bone fragments shift and compress the spinal cord or damage the cauda equina, it can lead to paralysis.

7) Cervical fracture

a Put the neck brace around your neck to prevent cervical spine movement.

b Roll up newspaper, towels, clothing, etc., into a neck brace and wrap it around the neck from the back to the front. The neck brace should be thick enough to restrict movement of the lower jaw on both sides.

8) Thoracolumbar fracture

If possible, use a long, wide wooden board similar to the injured person's height and shoulder width for immobilization. To immobilize, gently roll the injured person onto their side, maintaining alignment of their body's long axis throughout the process. Pad the head and neck, ankles, and the hollow area behind the lower back. Before transporting to the hospital, secure the injured person's shoulders, pelvis, legs, and feet with wide straps to prevent jolting and movement.

4. Wounds

Wounds often occur with trauma, and external bacteria and foreign objects can easily enter the wound and cause infection. When blood vessels are damaged, heavy bleeding can occur, which can also lead to shock. Therefore, after a wound occurs, further infection should be prevented, and opportunities for infection should be minimized. Bleeding should be stopped promptly to prevent excessive blood loss and shock. Regardless of the circumstances of the wound, carefully assess the location, size, and degree of contamination of the wound before treatment, as well as any damage to blood vessels, muscles, tendons, or fractures. This allows for different wounds to be treated differently. If the wound is serious, call emergency services immediately on 120 and go to the hospital.

1) Minor wounds: Minor wounds are relatively shallow, without damage to blood vessels or nerves, and are easy to stop bleeding. If possible, rinse the wound with

saline solution, and disinfect the skin around the wound with 70% medical alcohol. Be careful not to let the alcohol enter the wound. Then, apply a sterile dressing. If these are not available, cover the wound with a clean cloth, towel, or piece of clothing, and then go to a hospital for treatment.

2) Head wounds: Head injuries are relatively common. If a head wound occurs, apply pressure to stop the bleeding as soon as possible using sterile gauze or a clean cloth. Manually applying pressure for about 15m usually stops the bleeding.

3) Finger wounds: The most common finger injury is a cut from the blade of an ice skate. After the injury, apply a band-aid directly to stop the bleeding and reduce inflammation. Be careful not to wrap the band-aid in a circular manner, as this can easily cut off blood circulation to the finger. The correct way is to wrap it spirally around the finger. Also, do not wrap the band-aid too tightly, as excessive pressure on the finger veins can actually hinder blood clotting.

4. When relevant personnel are surveying the scene and investigating the evidence, the parties involved must truthfully describe the accident and not conceal any facts. They should actively cooperate with the follow-up work. Investigate the accident, comprehensively and promptly collect relevant evidence, and find witnesses. This includes: basic information of the parties involved, basic facts of the accident, negligence or unexpected circumstances that led to the accident, relevant road conditions, and other facts related to the accident. Take photos of the scene, draw a diagram of the scene, collect and extract traces and physical evidence, and make a written record of the site investigation in accordance with relevant regulations and standards.

# 四）Grass Sledging, Sandboarding

## Grass Sledging and Sandboarding Risk Prevention

1. Sandboarding precautions.

There are no fixed tracks on the sand slide, and children under 1.2m tall are prohibited from riding. The sleds do not have safety belts. This is to prevent greater injury should the sled overturn mid-slide, as riders could become entangled with the sled. When riding, place your feet on either side of the bottom edge of the sled and hold the wooden handles on the inside of the center of the sled with your hands, leaning slightly forward. Do not move around during the descent. If the sled veers significantly off course, you can try one of the following two remedies:

1) When the skateboard severely deviates to the left, use your right hand to scrape the sand surface on the right side. The timing and force of the correction will vary depending on the degree of deviation.

2) If the skateboard deviates significantly to the right, use your left hand to scrape the sand surface on the left side. The timing and force of the correction will vary depending on the degree of deviation.

2、Important Notes for Grass Skiing

Grass slides, unlike sand slides, have fixed tracks that can accommodate two people (one adult and one child). The child's height should not exceed 1.2m. When riding, the body should be placed inside the slide, the upper body leaning slightly forward, hands holding the handles on both sides of the slide. The sliding speed is faster than sand sliding.

1) Before grass sledging, make sure you're prepared. Wear appropriate equipment, such as grass skis (or a board), grass tracks, elbow and knee pads, and hold a sliding pole.

2) When grass skiing, look straight ahead, lean forward, bend your knees slightly to shift your center of gravity forward; bend your elbows slightly, hold the ski poles pointing slightly backward, and move forward quickly; control your balance when turning: lean right to turn left, and lean left to turn right.

3) Tuck your chin close to your chest while grass skiing to prevent head injuries. Relax your limbs, as a stiff body is more prone to injury. Don't try to brace yourself; if you lose your balance, a natural fall is less likely to cause injury.

4) Beginners first need to overcome their fear of slopes and speed, and develop a feel for skiing. To transition to the intermediate stage, it is best to find a coach or a friend with good technique for guidance.

## Emergency Accident Handling Plan

1. If necessary, preserve the original state of the scene, including the skateboards, any traces left by individuals, and scattered objects. Do not move anything from its original position. Before investigators arrive, those involved can use ropes or other means to set up a cordon to prevent unrelated personnel and skateboards from entering, thus avoiding damage to the scene caused by human or natural factors. If it's essential to move the skateboard involved or injured individuals for

rescue purposes, mark their original positions and do not deliberately damage or tamper with the scene.

2、Skin Injuries

1) Scuffs

Symptoms: A scrape is when the epidermis is scratched, the skin is broken, and blood or tissue fluid oozes out, causing a burning pain in the wound.
Measures: Apply pressure to stop the bleeding using sterile gauze, clean the wound, and apply antibiotic ointment. Keep warm and prevent the injured area from getting frostbite.

2) Blood stasis

Symptoms: Purplish-red bruises under the skin, painful to the touch.
Treatment: Apply ice to stop bleeding and reduce inflammation. After 3 days, apply heat and massage. The symptoms will gradually disappear in 5–7 days.

3、Bone injuries

Sudden fractures are caused by bones cracking or breaking due to an inability to withstand external forces. They are typically more common in women than men. Bone injuries during exercise often occur in the upper and lower limbs, and the spine is also susceptible to injury.

Symptoms: Minor bone fractures may not be taken seriously, but if the pain persists after 2–3 weeks, the soft tissue swelling is not obvious, and the pain is severe during exercise.
First Aid Measures: Regularly consume calcium-rich foods and exercise to improve bone density. In the event of a fracture, avoid unnecessary movement, massage, or pulling to prevent damage to surrounding blood vessels and nerves, which can complicate treatment. After examining the injury, immediately immobilize the affected area using wooden sticks, boards, or elastic bandages. Call emergency services (120) and transport the injured person to a hospital to prevent complications in fracture healing. If the injured area is severely swollen or red, seek medical attention immediately. For minor injuries, apply medication for bruises, swelling, and pain relief. If redness or swelling persists for 3 to 7 days, consult a doctor.

4、Muscle injury

Muscle spasms are the most common. One reason is the lack of warm-up exercises, and the other is that exercising for too long can cause muscle fatigue and lactic acid buildup, which stimulates muscle spasms. Improper exertion or external violent impact causing muscle fiber rupture or bleeding is also very common.

Symptoms: Muscle strains do not cause significant pain. Rest immediately and undergo professional muscle strength recovery exercises to recover. If bleeding due to the strain accumulates in the mucosal layer, it can cause unbearable pain and may require a longer recovery time.

First Aid Measures: If you experience a muscle spasm, don't panic. Gently stretch the affected muscle in the opposite direction to lengthen it, which will alleviate the pain. If a muscle is injured, rest immediately, apply ice to reduce swelling, elevate the affected area, and move to a warm place. Keep the ice application brief. Generally, after two days, when the pain subsides, you can engage in simple activities, along with heat application and massage, to promote blood circulation and absorption of hematoma. After 5 days, gradually increase exercise intensity, keeping it low to avoid re-bleeding, and progressively increase the range of motion and flexibility.

5、Ear Injury

Wrestling impacts can cause damage to the outer and inner ear. If the eardrum is injured or fluid is leaking from the ear, seek immediate medical attention.

Symptoms: The auricle is partially impacted, causing redness, swelling, or tearing.

First-aid measures: The temperature at the ski resort is low. Be cautious when applying ice to external injuries to avoid frostbite. Disinfect any wounds first, and then dress them with sterile gauze and bandages. If there is fluid leaking from your ears, do not plug the ear canal with cotton balls. Call emergency services immediately on 120 and go to the hospital for treatment.

6、Joints and ligaments

Knee sprains are very common in grass skiing and sandboarding, followed by elbow and shoulder injuries, which are usually accompanied by ligament strains. Treat promptly to restore the joint to its original position.

Symptoms: Impact or improper force applied to the joint causes it to become

dislocated, accompanied by tearing of surrounding ligaments, resulting in joint deformity or twisting, redness, swelling, and pain at the injury site.

First Aid Measures: Ski resorts typically have first aid stations. If you're injured on a frequently used slope, rescuers will arrive quickly. However, if you're skiing alone in a remote area and an accident occurs, find a safe, sheltered spot and call for help. First, determine if the injury is a simple sprain or if it involves a fracture or dislocation. Simple sprains are classified as mild or severe. A severe sprain, where the ligament loses its normal function and the joint becomes abnormally loose, requires immediate medical attention. Call emergency services (120) and go to the hospital for ligament surgery. Mild sprains will heal within 3–5 weeks with rest. If a joint is dislocated and can be easily reset within a limited range of motion, carefully return it to its original position and immobilize the injured area. Apply ice for the first 3 days to reduce inflammation, followed by heat.

7. When relevant personnel are surveying the scene and investigating the evidence, the parties involved must truthfully describe the accident and not conceal any facts. They should actively cooperate with the aftermath handling work. Investigate the accident, comprehensively and promptly collect relevant evidence, and find witnesses. This includes: basic information of the parties involved, the scooter's safety condition and loading status, basic facts of the accident, negligence or unexpected circumstances that led to the accident, relevant road conditions, and other facts related to the accident. Take photos of the scene, draw a scene diagram, collect and extract traces and physical evidence, and make on-site investigation records in accordance with relevant regulations and standards.

# 五）Skiing, Snowmobiles

## Skiing and Snowmobile Safety Precautions

1. Pay attention to the weather forecast and avoid windy days if possible.

2. When you first arrive at the ski resort, familiarize yourself with the layout, noting the locations of facilities on the map. Pay attention to warning signs and strictly adhere to the resort's safety regulations. Be aware of lift operating hours and never ride an unattended lift.

3. Ensure the safety and reliability of your equipment and routes. Carefully inspect your skis, poles, and snowmobiles beforehand, checking for cracks, loose bindings, and complete accessories. It's best to carry spare skis, poles, and repair tools. Hire

a guide in unfamiliar ski areas. If you encounter equipment problems or unclear route conditions while skiing, stop and assess the situation before proceeding.
4. Beginners should learn progressively and ski within their abilities. During training, follow the instructions and guidance of the coaches and ski resort staff. Do not ski in areas with higher technical requirements until you have reached a certain level of proficiency to avoid accidents. Tourists using electric bicycles should carefully understand their operating methods and precautions to avoid accidents.
5. Carefully assess the height, width, length, slope, and direction of the ski run. Because downhill skiing is a high-speed sport, seemingly distant points are reached in the blink of an eye. If skiers don't familiarize themselves with the conditions of the ski run beforehand, they won't have time to react to unexpected situations, which is especially important for beginners.
6. Choose a ski slope that suits your skill level. Don't overestimate your abilities and act rashly. Progress gradually, and preferably hire a ski instructor.
7. You should understand the relevant rules of skiing, such as leaving the ski slopes when stopping to rest so as not to affect others, and keeping a certain distance from others while skiing to avoid collisions. Do not collide with the person in front of you when skiing downhill, otherwise you will bear the main responsibility in the accident.
8. Stop to check if you are unsure about the situation ahead or if your ski equipment feels unusual while skiing. Do not take risks.
9. When skiing in larger ski resorts, arrive early and return early. Remember not to cross the ski resort boundaries or stray too far from the base camp to avoid accidents. Do not ski alone in the forest or in areas prone to avalanches, especially during times when avalanches are more likely. It's best to ski in groups of three or more. If you must ski alone, be sure to inform your companions or the ski resort staff.
10. Manage your exertion level to avoid repeated sweating, which can lead to colds or exhaustion, making it difficult to ski back. If the weather changes suddenly (such as strong winds or a sudden drop in temperature), it's best to stop your trip and take emergency measures. Generally, avoid venturing too deep into uninhabited areas and virgin forests without reliable safety measures. In blizzard conditions, it's very easy to get lost, as ski tracks can be quickly covered by wind, making it difficult to find your way back.
11. Learn some basic health care knowledge and self-rescue and first-aid common sense before departure: The parts of the body that are easily frostbitten during skiing are fingers, feet, ears, nose tip, and genitals. You should choose wool or

chemical fiber products with good thermal insulation to keep these parts warm. Common injuries include thumb contusions, and common illnesses include stomachache, abdominal pain, and snow blindness. If a skier falls, do not struggle to get up immediately. It is best to raise your limbs and let them slide down the slope, which is less likely to cause injury. Absolutely avoid rolling. For this reason, beginners should not have their bindings too tight when skiing downhill, and it is best if the skis automatically detach from the boots after a big fall.

## Emergency Accident Handling Plan

1、 Protect the scene

If necessary, preserve the original state of the accident scene. This includes not moving the vehicles involved, any traces left by people, or scattered debris. Before investigators arrive, those involved can use ropes or other means to set up a cordon to prevent unrelated people or vehicles from entering and to protect the scene from human or natural interference. If it's essential to move the involved vehicles or injured individuals to provide medical assistance, mark their original positions clearly. Do not deliberately damage or tamper with the scene.

2、 Handling Unexpected Incidents

1) If you fall while skiing, don't struggle to get up immediately. It's best to raise your limbs and let yourself slide down the slope, which is less likely to cause injury. You should absolutely avoid rolling. With this in mind, beginners should not have their bindings too tight when skiing downhill. In the event of a major fall, it's best if the skis automatically detach from the boots.

2) If you find someone injured, do not move them. Report the incident to the ski resort staff immediately. If the injury is serious, call emergency services at 120 right away.

3) Snow blindness is a temporary or permanent eye condition caused by direct sunlight, reflection from snow, or a combination of both. Snow blindness causes severe eye pain, photophobia, and tearing, which directly affects the survival of the victims.

4) How to prevent snow blindness: Wear snow goggles, preferably ones that also block ultraviolet rays.

5) Skiers with poor eyesight should not wear contact lenses when skiing. If you fall and your contact lenses fall out, the chances of finding them are almost zero. Try to wear glasses with frames made of resin lenses, which are not easily broken upon impact.

3、Hypothermia and frostbite

Natural or artificial snow will only remain frozen if the temperature is at or below 0°C. Normal body temperature should be maintained between 36°C and 37°C. If your body temperature drops below 35°C, it could cause serious damage to bodily functions. In addition, prolonged exposure of body parts such as ears, nose, cheeks, hands, or feet (especially if snow gets inside your boots) can lead to frostbite. People who are constantly moving are generally fine, but those who are standing still watching others ski, especially if they are not dressed warmly enough and have poor circulation, are more susceptible to frostbite.

1) Symptoms: Cold, pale skin, a slow pulse, blurred vision or double vision, drowsiness, or brief periods of unconsciousness are all signs of hypothermia. Skin turning white, feeling numb, and painless are precursors to frostbite. Typically, the fingertips, toes, earlobes, tip of the nose, cheeks, and chin have the poorest blood circulation and are the first to be affected by frostbite.

2) First aid measures: Return indoors immediately, change out of wet clothing, wrap up in down or space cotton, and replenish with hot, sweet drinks. Do not force exercise or rub, and do not drink alcohol to keep warm. In case of frostbite, soak the frostbitten area in 40°C warm water, paying special attention not to immediately warm it by a fire. Do not choose cotton underwear: Cotton has good water absorption but poor drainage, making it unsuitable for skiing underwear. It is best to wear a mesh nylon vest close to the body and a stretch cotton vest over it. Quick-drying clothes for outdoor sports are also suitable for skiing.

4、Eye injury

Complete ski equipment must include snow goggles to protect against cold wind and snow glare, preventing snow blindness. Professional snow goggles also protect the eyes from hard objects in case of a fall.

1) Symptoms: Itchy, painful eyes, redness, photophobia, and tearing. Similar symptoms can also occur if a foreign object enters the eye.

2) First aid measures: Do not rub your eyes with your hands. Lift your upper eyelid to check for foreign objects and check for cuts to your eyeball. If there

are no injuries, rinse your eyes with clean water or eye drops and rest with your eyes closed. Wear sunglasses to reduce visual brightness; symptoms should disappear automatically in about 5–7 days. People with myopia must wear snow goggles when skiing. People with glaucoma or high myopia are not suitable for skiing. Skiing involves high speeds, and people with narrow fields of vision may not be able to see people or other obstacles nearby, which can easily lead to collisions. It is safer to wear ski goggles over your glasses. Do not wear contact lenses while skiing, in case they fall out after a fall, causing blurred vision and danger.

5、Skin injury

1) Scratches

Symptoms: A scrape is when the epidermis is scratched, the skin is broken, and blood or tissue fluid oozes out, causing a burning pain in the wound.

Measures: Apply pressure to stop the bleeding using sterile gauze, clean the wound, and apply antibiotic ointment. Keep warm and prevent the injured area from getting frostbite.

2) Blood stasis

Symptoms: Purplish-red bruises under the skin, painful to the touch.

Treatment: Applying ice can stop bleeding and reduce inflammation. After 3 days, you can apply heat and massage. The symptoms will gradually disappear in 5–7 days.

3) Friction burns from exercise

Symptoms: Rented ski boots that don't fit properly can cause blisters. You may feel a stinging sensation, and in severe cases, blood blisters may form.

Measures: Change out of ill-fitting shoes, as blisters don't absorb on their own. If the blister is large, disinfect it and then use a sterilized needle to drain the fluid. Apply an antibiotic gauze to cover the area.

6. Sudden bone fractures are caused by bones cracking or breaking due to an inability to withstand external forces. These fractures are typically more common in women than in men. During exercise, bone injuries often occur in the upper and lower limbs, and the spine is also susceptible to injury.

1) Symptoms: Minor bone fractures may not be taken seriously, but after 2–3 weeks, the pain persists, soft tissue swelling is not obvious, and the pain is severe during exercise.

2) First-aid measures: Regularly consume calcium-rich foods and engage in exercise to improve bone density. In the event of a fracture, avoid unnecessary movement, massage, or pulling to prevent damage to surrounding blood vessels and nerves, which can complicate treatment. After examining the injured area, immediately immobilize it using wooden sticks, boards, or elastic bandages. Call emergency services (120) and transport the individual to a hospital to prevent complications in fracture healing. If the injured area is severely swollen or red, seek medical attention immediately. For minor injuries, apply medication for bruises, swelling, and pain relief. If redness or swelling persists for 3 to 7 days, consult a doctor.

7、Muscle injury

Muscle spasms are the most common. One reason is the lack of warm-up exercises, and the other is that exercising for too long can cause muscle fatigue and lactic acid buildup, which stimulates muscle spasms. Improper exertion or external violent impact causing muscle fiber rupture or bleeding is also very common.

1) Symptoms: Muscle strains do not cause significant pain. Rest immediately and perform professional muscle strength recovery exercises to recover. If bleeding from the strain accumulates in the mucosal layer, it can cause unbearable pain and may require a longer recovery time.

2) First aid measures: If you experience a muscle spasm, don't panic. Gently try to stretch the injured muscle in the opposite direction to lengthen it, which will relieve the pain. If a muscle is injured, rest immediately, apply ice to reduce swelling, elevate the affected area, and move to a warm place. Ice application should be brief. Generally, after two days, when the pain is less intense, you can engage in simple activities, combined with heat compresses and massage, to promote blood circulation and absorb the hematoma. After 5 days, gradually increase exercise at a low intensity to avoid secondary bleeding, and gradually increase the range of motion and flexibility.

8、Ear Injury

Wrestling impacts can cause damage to the outer and inner ear. If the eardrum is injured or fluid is leaking from the ear, seek immediate medical attention.

1) Symptoms: The auricle is red, swollen, or torn due to impact.

2) First-aid measures: The temperature at the ski resort is low. Be cautious when applying ice to external injuries to avoid frostbite. Disinfect any wounds first,

and then dress them with sterile gauze and bandages. If there is fluid leaking from the ear, do not plug the ear canal with cotton balls. Call the emergency number 120 immediately and go to the hospital for treatment.

9、Joint and ligament injuries

Knee sprains are very common in skiing, followed by injuries to the elbow and shoulder joints, which are usually accompanied by ligament strains. Treat promptly to restore the joint to its original position.

1) Symptoms: The joint is impacted or forced in the wrong direction, causing it to be dislocated and accompanied by tearing of surrounding ligaments. Joint deformation or twisting occurs, and the injured area experiences redness, swelling, and pain.

2) First Aid: Ski resorts usually have first aid stations. If you are injured on a frequently used slope, rescuers will arrive quickly. However, if you are skiing alone in a remote area and have an accident, you should quickly find a sheltered place to hide and call for help. First, determine whether the sprain is a simple ligament injury or accompanied by a fracture or dislocation. Simple ligament injuries are classified as mild or severe. A severe ligament injury means the ligament has lost its normal function and the joint is abnormally loose, requiring you to immediately call the emergency number 120 and go to the hospital for ligament surgery. Minor injuries will heal immediately after 3–5 weeks of rest. In the case of a dislocated joint, if it can be reset within a mild range of motion, it's best to immediately fix the injured area and restore it to its original position. Apply ice for the first 3 days to reduce inflammation, and then apply heat.

10. When relevant personnel are surveying the scene and investigating the evidence, the parties involved must truthfully describe the accident and not conceal any facts. They should actively cooperate with the aftermath handling work. Investigate the accident, comprehensively and promptly collect relevant evidence, and find witnesses. This includes: basic information of the parties involved, the vehicle's technical safety condition and loading status, basic facts of the accident, negligence or unexpected circumstances that led to the accident, relevant road conditions, and other facts related to the accident. Take photos of the scene, draw a scene diagram, collect and extract traces and physical evidence, and make on-site investigation records in accordance with relevant regulations and standards.

# 六）Driving

## Driving Activity Risk Prevention

1. Proper preparation is necessary. This will minimize distractions, help prevent accidents, and reduce stress.

2. Before driving, understand and familiarize yourself with the directions.

3. Give yourself enough time. Time is a great stress reliever.

4. If you are going to pay, please keep the money within easy reach.

5. If you are renting a car, take a moment to adjust the seat, mirrors, and steering wheel. Familiarize yourself with accessories such as the lights, wipers, windows, and air conditioning. If you listen to the radio, familiarize yourself with the controls before you start driving.

6. Fasten your seat belt.

7. If possible, carry a mobile phone with you when traveling in case of emergencies. Remember to use a hands-free device or pull over to a safe area to make or receive calls.

8. Having a first-aid kit and roadside emergency kit in your car can provide additional protection.

## Emergency Response Plan for Traffic Accidents

1. After an accident, the driver should stop the vehicle immediately. After stopping, engage the handbrake, turn off the power, and turn on the hazard warning lights. If the accident occurs at night, also turn on the low-beam headlights and taillights. If the accident occurs on a highway, place a warning triangle or other warning device behind the vehicle according to regulations.

2. Immediately report the time, location, vehicles involved, and any casualties to the nearest public security authority or traffic police by phone, or ask passing vehicles or pedestrians to do so. Do not leave the accident scene before the traffic police arrive. While reporting the accident, also call nearby medical units or emergency centers for help. If a fire occurs, report it to the fire department. The national emergency numbers for traffic accidents, medical emergencies, and fire

emergencies are 122, 120, and 119, respectively. If your vehicle is insured, report the accident to your insurance company within 48 hours.

3. Preserve the accident scene in its original state. Do not move any involved vehicles, people, livestock, traces left behind, or scattered debris. Before traffic police arrive, those involved can use ropes or other means to set up a cordon to prevent unrelated people and vehicles from entering, thus avoiding further damage to the scene, whether human-caused or natural. If it's necessary to move vehicles or injured individuals for rescue purposes, mark their original positions. Do not deliberately damage or tamper with the scene.

4. After confirming the injured person's condition, take emergency rescue measures to the best of your ability, including stopping bleeding, bandaging, immobilizing, transporting, and performing CPR. Arrange for the injured to be sent to the nearest hospital for treatment. Unless the person is uninjured or has minor injuries and refuses to go to the hospital for diagnosis, you can generally stop passing vehicles or notify emergency services or hospitals to send an ambulance.

5. Properly safeguard scattered items at the scene and the victim's belongings, paying attention to theft prevention and robbery prevention.

6. Fire and Explosion Prevention: The parties involved in the accident should also take fire and explosion prevention measures. First, turn off the vehicle's engine and eliminate other potential fire hazards. Smoking is prohibited at the accident scene to prevent igniting any leaked fuel. If an accident involves a vehicle carrying dangerous goods, and there is a leakage of hazardous liquids or gases, promptly inform the police and fire personnel about the chemical properties of the dangerous goods, such as whether they are toxic, flammable, explosive, corrosive, as well as the loading quantity and leakage amount, so that they can take preventive measures.

7. After receiving your report, the traffic police will dispatch officers immediately. If, upon investigation, the incident is deemed a traffic accident, an "Accident Registration Form" will be completed, initiating the accident handling process. The traffic management department will record the reported accident information, including the time of the report, the reporter's name, their organization, contact number, the time and location of the accident, vehicle types, license plate numbers, whether dangerous goods were being transported, and any casualties. In cases of suspected hit-and-run accidents, detailed information about the vehicle's color, characteristics, and escape route will also be recorded. If there

are casualties, relevant departments such as emergency medical services, hospitals, and the fire department will be notified promptly.

8. Cooperate with on-site investigation and evidence collection: When traffic police are investigating the scene and collecting evidence, parties involved must truthfully recount the accident to the public security traffic management authorities. Do not conceal any facts about the accident. Actively cooperate and assist the traffic police in handling the aftermath and await their instructions. After the public security traffic management department files the case, they will identify those involved, control the at-fault driver, and locate witnesses. They will conduct an accident investigation, comprehensively and promptly collecting relevant evidence. This includes investigating the basic information of the parties involved, the vehicle's safety condition and loading status, the basic facts of the accident, any traffic violations and faults or unexpected circumstances that led to the accident, road conditions related to the accident, and other relevant facts. According to relevant regulations and standards, they will take photos of the scene, draw diagrams, collect and extract traces and physical evidence, and create an on-site investigation record.

# 七）Rock climbing, rollercoaster

## Rock Climbing and Rollercoaster Safety Precautions

1. Before rock climbing, change into appropriate clothing, move your joints, relax your muscles, and adjust your mindset to be in a flexible state. Once the safety rope is attached, you must rely on your own strength and wisdom to challenge the cliff.

2. Gradually increase the training intensity, giving your body enough time to adapt.

3. If the acupuncture point is not within your comfortable range of pressure, do not force it.

4. Try to climb in a balanced way, distributing the pressure evenly across all muscle groups.

5. Avoid extending your joints to their limits, as this can damage surrounding tendons or tissues.

6. Adjust the training intensity based on individual abilities.

7. To ensure balanced muscle development, train the opposing muscle groups simultaneously.

8. Stretching the muscles used during exercise can prevent injuries.

9. Roller coasters and bumper cars exert tremendous force on the body when they move forward, backward, left, right, change direction, or suddenly decelerate after high-speed acceleration, which can easily lead to neck injuries. Additionally, when the body is thrown forward and the head is jerked backward, it can cause trauma. Minor injuries include sprains of the neck ligaments, muscles, and joints, while more severe injuries can affect the vertebral arteries, cervical nerves, and spine, resulting in symptoms such as numbness in the hands and feet. Severe nerve damage can lead to permanent hemiplegia or full-body paralysis, and even death. The consequences can be extremely serious. To prevent cervical spine injuries, it is best to keep your head and neck close to the headrest during the ride and avoid moving around.

## Emergency Accident Handling Plan

1. For injured individuals who have fallen to the ground, conduct an initial assessment of their injuries and avoid moving or shaking them.

2. Call 120 immediately for emergency medical assistance.

3. Administer first aid: Stop bleeding, dress wounds, and immobilize injuries. Pay attention to immobilizing the cervical, thoracic, and lumbar spine. When moving the injured person, maintain consistent and smooth movements to avoid bending or twisting the spine, which could worsen the injury. When treating the injury, determine whether it is a new or old injury, as the treatment methods differ.
1) First, determine the extent of the injury (whether the affected area looks normal, such as broken skin, exposed bones, or unusual protrusions). Then, follow the RICE principle:

Rest : Stop exercising.

Ice : Can inhibit the dilation of capillaries and reduce bleeding.

Compression (bandaging): Includes the functions of fixation and hemostasis.

Elevation: Elevate the affected area. Then, depending on the severity of the injury, decide whether to call a doctor or go to the hospital. Applying ice is the most important step, as it can reduce the injured person's pain.

2) Treatment of Sprains

Apply ice to the sprain immediately to reduce pain and swelling. It is best to avoid soaking in hot water for three days to prevent accelerated inflammation. Of course, try to rest after a sprain.

3) Muscle strain or tendon or periosteum inflammation.

If it is a muscle strain or tendon or periosteal inflammation, ordinary people would of course rest. However, for professional athletes, long-term suspension of training will cause muscle atrophy and slow down nerve reactions, which will further deform their athletic techniques and significantly reduce their athletic performance. Therefore, athletes do not need to stop training completely after injury, but the movements that caused the injury should be stopped or reduced (especially competitions should be completely prohibited).

4) Fracture

If it's a fracture, you must wait until it's fully healed before resuming exercise. However, please note that many fractures are not visible from the outside. Ice compress method: Equipment: (ice pack, coolant, or ice cubes wrapped in a plastic bag and then wrapped in a towel).

Time: (10–15 mins per session, repeated 3–4 times, with 3–5m intervals between sessions).

As for whether to apply ointment, it is recommended not to do so within four days of the injury. Similarly, it is best not to apply heat within four days of the injury. The correct approach is to go to the hospital for an X-ray after four days if the injury does not improve (the pain does not lessen or gets worse), and have a doctor check for fractures or other injuries.

# 八）Rafting

## Rafting Risk Prevention

1. Rafting is an outdoor competitive water sport. People with serious heart disease, mental illness, moderate or severe high blood pressure, or high myopia are not suitable for this activity.

2. Only bring drinking water on the raft. Don't bring anything that is afraid of water, such as cell phones, pagers, IDs, and cash.

3. Participants in the rafting activity shall comply with the organization and arrangements of the rafting organizer or boatman throughout the activity.

4. Notice to Parents: Do not let young children go rafting, even if they can swim. The river conditions in the mountains are complex, with rapids and shoals

everywhere. It is very dangerous for children who don't understand the situation to move around on the boat.

5. Rafters are not allowed to leave the raft and enter the water without permission during the rafting trip.

6. During the rafting process, be sure to follow the instructions of the boatman or rafting guide. Do not make dangerous moves while rafting, keep the raft stable, and avoid collisions. Generally speaking, whether it is river rafting or a mountain stream course, it is relatively safe. As long as travelers do not disembark without authorization, do not fight with each other, and do not actively grab floating objects in the water or grass, trees, and stones on the shore, the raft will not capsize.

7. In the event of a capsize, please do not panic. Your life jacket will keep you safe. Please cooperate with the boatman's rescue measures and re-board the boat to continue drifting.

8. Rafters should be united, friendly, and mutually supportive throughout the rafting activity, ensuring a thrilling, enjoyable, and safe rafting experience.

9. Rafting is available from April to October each year.

10. It is recommended to bring a clean set of clothes to change into when disembarking. It is also recommended to bring a pair of plastic slippers to wear on board.

11. Do not carry cash or valuables on board during rafting.

12. The first thing to do after boarding is to carefully read the rafting instructions, follow the staff's arrangements, put on your life jacket, and find the safety rope.

13. If the weather is not too hot, you can buy a raincoat at the rafting starting point.

14. When the raft passes through rapids, please follow the staff's instructions. Do not move around casually. Hold the safety rope tightly, keep your feet together, and lean your body toward the center of the raft.

15. If the boat capsizes, don't panic. Stay calm, as you are wearing a life jacket.

16. Do not swim casually. Even if you do swim, follow the boatman's advice and swim in calm waters. Do not stray far from the boat or swim alone.

## Emergency Response Plan in Case of Accidents

1. Safely navigate rapids

Before reaching the rapids, try to predict the general direction of the downstream current. Then, tell everyone to stop paddling, pull their feet back inside

the boat and keep them together, hold onto the safety ropes along the sides of the boat, lean forward, and avoid standing up. By keeping the boat's center of gravity stable, you should be able to pass through safely.

2. Stuck in a Whirlpool

Unless a boat hits a whirlpool with significant momentum, the curling waves will crash back onto the boat and stop it, immediately flooding the cabin and often causing the boat to spin violently and even tilt. Some whirlpools can even capsize a boat, though this is not very common, as the boat becomes heavier as it takes on water. Immediately steer into the downstream current to avoid a potential capsize; use paddles or oars to row into the downstream current to escape the whirlpool. Although the surface water of a whirlpool usually flows upstream, there are currents beneath the surface and at the sides of the whirlpool. As a last resort, a rope from the shore can also be used to pull the boat out of the whirlpool.

3. Avoid collisions

Maintaining stability and avoiding collisions are essential principles while rafting. If a collision is unavoidable, ensure the raft faces the impact directly, as side impacts can easily cause capsizing. Hold onto the ropes tightly. After a collision, the raft will be parallel to the shore, so passengers on that side should keep their feet tucked in to avoid injury. Sometimes rafts get very close to each other. To prevent collisions, both parties should coordinate and paddle in opposite directions or push their rafts apart.

4. Rock Collision

1) If the boat is about to hit rocks on one side, all crew members should immediately jump to the side of the boat closest to the rocks.

2) The weight of the crew will cause a downstream boat to swing around a rock, while an upstream boat will be lifted higher. Otherwise, the water will rise against the upstream, suck it down, and wrap the boat smoothly around the rock. Boats that are not wrapped usually get away.

3) By probing for rocks ahead of the boat, pushing it off, having the crew move to the stern, paddling, and perhaps even jumping up and down on the bottom of the boat may help. Once free, a boat that has run aground is very difficult to maneuver because it will have taken on many tons of water.

4) Quickly scoop out the water and try to stop the boat in calm waters.

5. Sinking

Self-draining boats don't sink. If a collision with rocks causes it to sink, use a rope to seek help from the shore. Such a boat is often entangled with several tons of force, but there is usually one spot where it's not as severe.

1) Use a thick rope to form a D-ring and pass it through the waterway. If necessary, drill a hole in the front or the transom at the back of the boat.

2) A pulley system, consisting of butterfly rings or carabiners, can be used to assist in lifting.

3) Try to pull the boat up, away from the water, and use the rope at the bow or stern to help pull it towards the shore.

4. If it still fails, have everyone and everything form a line on the shore and wait for the water level to change. In whitewater rafting, it's extremely dangerous to let the boat sink. Always remember that everyone's safety is more important than keeping the boat away from rocks.

6. Falling into the water

If you accidentally fall into the water, don't panic. The buoyancy of the life jacket is enough to keep you afloat, and your companions on the boat should extend their paddles for you to grab. If you are far from the boat, try to get ashore or stay on the leeward side of a rock (the water flow on the windward side is strong and you may be hit by the boat), and wait for rescue.

7. Capsizing

Capsizing often occurs in areas with turbulent water flow, such as large whirlpools, waves, one-sided waves, and obstacles like rocks and fallen dead trees. If your boat capsizes, stay calm and right the boat first. When re-boarding, ensure balanced weight distribution on both sides. If someone climbs onto one side, someone on the other side should counterbalance. Retrieve any dropped paddles promptly; otherwise, you'll have to paddle by hand in calmer waters. Swimming ashore from an overturned boat in rapid currents is extremely difficult. You'll typically need assistance from other boats, which should be done in calm waters away from the strong currents. Rescue boats should approach against the current, retrieve a rope from the capsized boat, and tow it to shore. Other boats should also rescue people in the water along the way and account for everyone as quickly as possible. The order of rescue should be: yourself first, then other passengers on board, and finally, the equipment.

1) Try to jump to avoid hitting obstacles.

2) If you are certain you won't be caught in a countercurrent between the boat and rocks, try to stay afloat.

3) You can go ashore to avoid this section of rapids.

4. Try to stay with your companions. If someone goes missing, check under the boat to see if they are entangled in ropes or clothing.

8. Air chamber rupture

This is the worst-case scenario. At this point, adjust the positions of the people on board, ensuring no one sits on the ruptured air chamber. Try to keep the inflatable boat stable and head to shore to await rescue.

9. Docking

1) Rapids and waterfalls are unavoidable. Secure a safety rope in unmanned rapids areas to help boats pass through.

2) Maintain close control of the boat from the shore, and never wrap the rope around yourself. Tying a knot in the rope or wrapping it around a tree can help you control the boat.

3) Be sure to take all your belongings with you when disembarking. In case of injury, please call the emergency number 120 immediately and go to the hospital for treatment.

# 九）Diving

## Diving Safety Precautions

1. Do not dive after drinking alcohol. Travelers with heart disease, asthma, high blood pressure, or middle ear infections are not permitted to dive.

2. Adhere to the buddy system, avoid diving alone, and stay close to your instructor.

3. Always wear a life jacket. Put on the weight belt last.

4. Don't use earplugs. Equalize your ears before you feel any pain. Learn the Valsalva maneuver. Water pressure can cause ear pain when diving to a certain depth. Performing the Valsalva maneuver will relieve this pain.

5. Make sure to completely clear the water from inside the mask.

6. Do not hyperventilate, and do not hold your breath during scuba diving. Maintain normal, regular breathing while scuba diving.

7. If you are nearsighted, choose diving goggles with the same diopter as your myopia. Check the equipment to ensure it is in good condition before use.

8. Remove your fins, mask, and snorkel after you are completely out of the water.

9. Observe diving depth limits, try to avoid depths exceeding 30m (100 feet), and never exceed 39m. The ascent speed must not exceed 18m per minute.

10. Hand signals you need to know when diving: OK, ascend, descend, problem, dangerous marine life, do not touch.

# Emergency Accident Handling Plan

1. Cramps

Muscle cramps can occur if you are nervous, the water is too cold, or you stay in the water for too long. Be sure to warm up sufficiently before entering the water and don't stay in the water for too long. If you do experience a cramp, don't panic. For example, if your toe cramps, bend your leg and forcefully straighten your toe. If your calf cramps, take a deep breath, lie on your back in the water, grab your toes, and forcefully straighten your leg to stretch and relax the contracted muscle. If your finger cramps, make a fist and then forcefully open it, repeating this action until the cramp subsides.

2. Nausea, vomiting

This happens when dirty water gets up your nose. Get ashore quickly and press your Zhongwan and Neiguan acupoints. If you have Rendan, you can also take one. To prevent enteritis, you can also eat a few cloves of raw garlic.

3. Itchy skin and rashes

Most likely caused by a skin allergy. Get out of the water immediately. Take a cetirizine or chlorpheniramine tablet, and you should feel better soon.

4. Headache

The cause may be chronic rhinitis, choking on water, or a cold body, or temporary cerebrovascular spasm causing insufficient blood supply to the brain. At this time, you should quickly go ashore, massage the Baihui, Taiyang, and Lieque acupoints on the head with your thumbs, then apply a hot towel to your head, and drink a cup of hot water to recover.

5. Abdominal pain and distension

Diving immediately after eating or on an empty stomach can cause abdominal pain and bloating. If this happens, you should go ashore and lie on your back, apply pressure with your thumbs to the Zhongwan, Shangwan, or Zusanli acupoints, take 3 to 5 ml of Shidi Shui orally, and apply a hot towel to your abdomen.

6. Earaches and tinnitus may be caused by water in the ears or nose. Methods for draining water include:

1) Tilt your head toward the side with water in your ear, pull down on your earlobe, and hop on one leg on the same side.

2) Place your palm over your ear canal, firmly covering and pressing your ear. If water enters your left ear, tilt your head to the left, then quickly remove your hand. The water will be sucked out.

3) Use a sterile cotton swab to absorb the water inside the ear canal.

7. Dizziness and headache

The main reason is that the diving time is too long, blood gathers in the lower limbs, resulting in cerebral ischemia, and the body consumes too much energy, causing excessive fatigue. Please go ashore immediately to rest and keep warm, and drink some light sugar-salt water.

8. Itchy and sore eyes

It may be caused by unclean water. Rinse your eyes with clean, light salt water immediately after coming ashore, then apply chloramphenicol or erythromycin eye drops. It is best to apply a hot compress before going to bed.

9. In the event of decompression sickness or pulmonary barotrauma, immediately call emergency services at 120 and rush the patient to a hospital for hyperbaric chamber treatment. During transport, please note the following:

1) During transport, have the patient lie down, loosen any restraints or tight clothing around the neck, and elevate their feet approximately 20–30 cm to prevent air bubbles from blocking blood vessels or pressure on the central nervous system.

2) Maintain one atmospheric pressure, avoid high-altitude transport, and administer 100% pure oxygen to the patient in the ambulance.

3) There must be medical staff on the ambulance to monitor changes in the patient's condition or perform CPR at any time.

# 十）Hot air ballooning, skydiving, paragliding

## Risk Prevention for Hot Air Ballooning, Skydiving, and Paragliding

1. The best time for hot air balloon rides is either just after sunrise or one to two hours before sunset. This is because the wind is usually calm and the airflow is stable at these times. Strong winds and fog are not conducive to hot air balloon flights. According to regulations, free flight is only permitted when the wind speed is less than 6 m/s, visibility is greater than 1.5 km, and there is no precipitation within the flight airspace.

2. For beginners practicing paragliding, avoid hillsides. It's best to practice on a wide, flat, open area without obstacles. Do not modify the paraglider's design. If the manufacturer modifies the paraglider, their own test pilots will conduct trials. When flying at a new site for the first time, consult local pilots for their advice. Obtaining local meteorological information is also crucial. Before cross-country

flights, contact the site manager or team leader at the starting point whenever possible.

3. Before the helicopter takes off, ensure the entire flight control system is functioning properly. For winter flights, confirm that the swashplate, hydraulic servo valve, hinges, and U-bolts are not frozen.

## Emergency Accident Handling Plan

1. Remove any equipment and hard objects from the injured person's pockets.

2. Immediately address life-threatening issues. Administer CPR and appropriate hemostatic methods for cardiopulmonary arrest and fatal external bleeding.

3. For compound injuries, lie flat on your back, keep your airway open, and unbutton your collar.

4. For surrounding vascular injuries and compression injuries near the proximal arterial trunk, place a thick dressing directly on the wound and apply a pressure bandage. Ensure the bandage stops the bleeding without affecting limb circulation. This method is usually effective. If these methods are ineffective, a tourniquet can be cautiously applied. In principle, minimize the duration of tourniquet use, generally not exceeding 20m each time. Clearly mark the tourniquet with the time of application.

5. Immediately call emergency services at 120 and transport the injured person to the hospital quickly and steadily. During transport, keep the neck and torso straight, avoiding any bending or twisting. Never lift the person by one shoulder and one leg, as this could cause or worsen paralysis.

6. Fracture Treatment: Conduct a thorough and careful examination to determine the location of the fracture. For closed fractures, use splints or inflatable splints to reduce pain and prevent secondary injuries. For open fractures, do not reposition the exposed fracture ends; only apply sterile dressings and bandages. For suspected or confirmed spinal and pelvic fractures, keep the body fixed on a stretcher at the same level as much as possible during transport. Avoid bending over or lifting the legs to prevent spinal cord injury and paralysis. Apply pressure bandages to active bleeding. If a tourniquet is used, note the application time.

# 十一）Desert 4WD, Wild Mountain 4WD

## Desert ATV and Off-Road Mountain Climbing ATV Activity Risk Prevention

1. Drink plenty of water, carry enough water, and avoid traveling in direct sunlight. In the desert, gradually adapt to the pace, drink water or other fluids frequently, eat regularly in small amounts, and avoid alcoholic beverages to maintain heat tolerance.

2. Before setting off, be sure to inform someone of your route.

3. When driving in the desert, do not accelerate sharply and suddenly release the clutch or start at high RPM. This will cause all four wheels to sink deep into the sand, and may even lead to a burnt clutch or broken axle shaft.

4. Start slowly, gradually increasing the throttle and speed as the vehicle moves. If you encounter large sand dunes or steep slopes, use a high throttle and high RPM to leverage the vehicle's momentum to climb them. If you fail to climb and the vehicle's speed decreases, turn right or left to head downhill. Avoid stopping the vehicle if possible.

## Emergency Accident Handling Plan

1. Illnesses caused by overexposure to the desert heat include: heat cramps, heat exhaustion, and heatstroke. The symptoms of these illnesses progressively worsen, from abdominal and muscle cramps (heat cramps) to nausea, dizziness, headache, weakness, chills, and clammy skin (heat exhaustion) to confusion or unconsciousness, hot dry skin, and no sweating (heatstroke). Sometimes, a combination of these symptoms may occur. Heatstroke can be fatal. If heatstroke occurs: Get out of the sun and, if possible, away from the heat source, cool the person with water, not ice (ice can cause shock), and seek medical treatment immediately.

2. If a tourist is involved in an accident while driving an off-road rock climbing 4x4, after confirming the injuries of the injured person, those who can take emergency rescue measures should do their best to rescue them, including taking measures such as stopping bleeding, bandaging, fixation, handling, and cardiopulmonary resuscitation. Immediately call the emergency number 120 and try to send the injured to the nearest hospital for rescue and treatment, except for those who are not injured or those who have minor injuries and refuse to go to the hospital for diagnosis.

# 十二）Water Activities

## Water Activity Risk Prevention

1. For various water activities not arranged by the travel agency, carefully assess the safety and your physical condition before participating.

2. Pay close attention to local beach announcements and warnings before entering the sea: Red and yellow flags indicate calm waters, suitable for swimming; yellow flags indicate choppy waters and potential danger; red flags indicate strong waves and prohibit swimming.

3. It is recommended to participate in water activities with companions. If you find yourself alone, catch up with your companions as soon as possible. If a coach or crew member wants to take you away alone, refuse and inform your tour guide or team leader. Make sure to understand whether the activity venue is legal and how to use the equipment. Snorkeling equipment cannot replace swimming ability. If you cannot swim, please try carefully and pay attention to the status of your companions.

4. Understand the terrain, tides, currents, wind direction, temperature, entry and exit points, and other factors in advance. Do not participate in water activities if the above factors are not suitable.

5. For activities on outer islands, please strictly follow the rules for wearing life jackets, and wear them throughout the journey. If the boat operator does not provide life jackets, please ask for one.

6. When riding a yacht or jet ski, do not cross the safe sea area. Swimmers are also not allowed to swim in the area where water activities such as jet skis, speedboats, and parasailing are taking place. Jet skis are often ridden by the driver and passenger together, and normal collisions are unavoidable. However, if you find any abnormal situation, please inform your tour guide or team leader immediately.

7. Pay attention to safety signs, rescue equipment, and the location of lifeguards in the activity area.

8. Pay attention to your physical condition. Travelers with heart disease, high blood pressure, colds, fevers, or those who are drunk or have just eaten should not participate in water activities or snorkeling. If you feel tired or cold, please leave the water immediately.

9. Avoid staying in the water or exposing yourself to the sun for extended periods. Also, avoid prolonged underwater breath-holding, which can cause dizziness and

lead to drowning. Do not use earplugs when diving, as the pressure can cause them to damage your eardrums. When snorkeling, do not enter the water headfirst and be sure to use flotation devices.

10. Before boarding the yacht, it is advisable to understand the yacht's passenger capacity. If it is overloaded, you should refuse to board. When on board, do not concentrate on one side of the deck to avoid imbalance. Pay attention not to overload the yacht, and be sure to understand the location of life-saving equipment and how to use it.

11. The hot spring water contains a variety of mineral elements that can strengthen the body. However, it is generally not advisable to soak for extended periods. People with heart disease, high blood pressure, or other illnesses, as well as those who are frail or have been drinking alcohol, should not bathe in the hot springs. Please pay attention to the hot spring notices in the bathing area and bathe correctly.

12. Tour guides should remind travelers to warm up before entering the water to prevent cramps.

13. When enjoying the scenery at the lake or coast, please watch your step.

14. Travelers who cannot swim are advised not to participate in swimming activities. If you must enter the water, please do so with a companion and ensure you have a lifebuoy.

## Emergency Response Plan for Drowning Accidents

1. Self-rescue

   1) Stay calm, do not flail your limbs and struggle desperately. Reduce entanglement with water plants, conserve your energy, and your body will not sink quickly.

   2. After falling into the water, hold your breath immediately (except when calling for help), kick off your shoes, and relax your limbs. When you feel yourself starting to float, keep your back floating upward as much as possible, tilt your head back so your nose is above the water, and breathe through your mouth and exhale through your nose to prevent choking. Exhale shallowly and inhale deeply.

   3) Non-swimmers should not attempt to lift their entire head out of the water. When a rescuer appears, do not panic and grab the rescuer's hands, legs, or wa) ist. Follow the rescuer's instructions and allow them to guide you to shore.

4) If you experience muscle cramps while swimming, stay calm and try the following methods to relieve the cramps.

a If you have a hand cramp, make a fist, then open it forcefully. Repeat this quickly several times until the cramp goes away.

b If you experience cramps in your calf or toes, first take a deep breath and float on your back. Use the hand opposite the cramping limb to grasp the toes of the affected limb and pull them firmly towards your body. At the same time, press the palm of your other hand on the knee of the cramping limb to help straighten your leg.

c If you have a cramp in your thigh, straighten your leg to stretch the cramped muscle.

2. Seek help from others

1) Those who have not received professional life-saving training or do not have a lifeguard certificate should not attempt to rescue others in the water.

2) People on the shore should throw a lifebuoy with a rope or a long pole. Do not go into the water to save someone without any equipment. You can use trees, vines, branches, wooden blocks, or plastic bottles to help.

3) Rescuing a drowning person requires entering the water, so remove clothing and pants beforehand. Swim to about 3–5m in front of the drowning person, take a deep breath, dive underwater, and approach the drowning person from behind to perform the rescue.

3. Onshore recovery

1) Check for consciousness. Quickly place the drowning person face up on a firm, flat surface, while gently patting and calling to them.

2) If there is no response, call for help immediately. Dial the emergency number 120. Report the time, location, and details of the accident, and cooperate with local rescue personnel. Do not leave the scene before rescue personnel arrive.

3) Open the airway using the head-tilt/chin-lift method. Immediately clear the drowning person's mouth and nose of any mud, weeds, phlegm, vomit, or dentures. The rescuer should kneel on one leg, placing the drowning person face down on their thigh with their head lowered. Then, press on the drowning person's abdomen and back. Alternatively, use a natural slope on the ground to drain water from the drowning person's trachea and mouth. Turn the drowning person's head to the side to allow water to flow out of their nose and mouth, maintaining a clear airway. Then, turn the head back to the

front. The rescuer can also lift the drowning person from behind by the waist, with their back facing upwards and head downwards, to help drain the water.

4) Look, listen, and feel to determine if the drowning person is breathing.

a If the person is breathing, do not perform rescue breaths. Monitor their breathing and help them resume normal breathing.

b If breathing has stopped, perform mouth-to-mouth resuscitation immediately. The breathing rate should be 12 breaths/min for adults and 16 breaths/min for children. The tidal volume should be 800–1,200 ml.

5) Check the carotid artery for a pulse. If there is no pulse, immediately begin chest compressions. Compression frequency: 100 times/min for both adults and children; Compression depth: 4–5 cm for adults, 2–3 cm for children. Compression-to-ventilation ratio: 30:2 for both adults and children. That is, 30 compressions followed by 2 breaths make one cycle. Perform five consecutive cycles within two minutes, then assess and check for changes in pulse, breathing, and pupils.

6) Do not stop first aid until medical personnel take over.

# 十三）Experience competitive sports

## Risk Prevention for Competitive Sports

Competitive sports, also known as competitive athletics, are an important part of sports. They are characterized by sports competitions, with the main goal of achieving outstanding athletic results and winning competitions.

1. Dress appropriately to prevent colds. You generally sweat a lot when exercising, and if you're not careful, you risk catching a cold.

2. Stay hydrated to prevent autumn dryness. As we transition from the hot and humid summer to autumn, the climate becomes dry and the temperature drops significantly. This can lead to a buildup of heat within the body. The reduced humidity in the autumn air can also cause dry throat, dry mouth, chapped lips, nosebleeds, and dry stools. Exercise further exacerbates dehydration, so it's crucial to drink plenty of water and eat lots of fruit after working out to prevent sore throats.

3. Prepare to prevent strains. Warm-up exercises are essential for any sport. In autumn, lower temperatures cause blood vessels to constrict and viscosity to increase. This reduces the range of motion in joints, decreases ligament elasticity, and impairs the nervous system's control over muscles. Without a proper warm-

up, exercising can lead to strained joints, ligaments, and muscles, severely impacting daily life and turning exercise into a source of harm.
4. Gradually increase the intensity of your exercise and avoid overexertion. Some people believe that a large amount of exercise will improve their physique and resistance, but this is not the case. Exercise, like eating and sleeping, should be done in moderation. A good workout should make you feel slightly warm and sweaty, and you should feel relaxed and comfortable afterward. On the contrary, if you feel extremely tired after exercising, and still feel unwell, have a headache, dizziness, chest tightness, palpitations, or a reduced appetite after resting, then your exercise volume may be too high, and you should definitely reduce it next time.
5. As temperatures begin to drop in autumn, the human body's muscles and ligaments are prone to reflexively causing vasoconstriction, reducing joint mobility, and thus increasing the risk of injuries to muscles, tendons, ligaments, and joints. Therefore, pay attention to exercise methods during each workout. In addition to sufficient warm-up exercises, also pay attention to the range and intensity of motion, and avoid pushing yourself to perform difficult movements.
6. Avoid exercising immediately after meals. Taking a PE class right after eating is detrimental to your health. This is because blood circulation to the digestive system increases significantly after a meal, while blood circulation to other parts of the body decreases relatively. If you start exercising immediately, the digestion process will be hindered, and the stomach and intestines are prone to illness. Therefore, it's best to exercise 30 minutes after a meal.

## Emergency Response Plan in Case of Accidents

When exercising, the human body is susceptible to injury. In the event of a serious injury, immediately call emergency services at 120 and go to the hospital right away. For minor injuries, you can administer first aid using the following methods:
1. Abrasions

The most common injuries in sports. Clean the blood and dirt from the wound with clean, warm water. Do not bandage it. If the abrasion is shallow, simply apply mercurochrome. If the abrasion is dirty or bleeding, clean it with saline solution before applying mercurochrome or gentian violet. For more serious abrasions, disinfect the wound and apply a band-aid.
2. Bruise

Tissue damage caused by a blunt object hitting a part of the body. Minor injuries

do not require special treatment. After applying a cold compress for 24 hours, topical hemostatic and stasis-resolving medications can be used, and topical pain-relieving plasters can be applied. Apply a cold compress on the first day after the injury and a hot compress on the second day. It will be absorbed and disappear in about a week. For more severe contusions, Yunnan Baiyao mixed with liquor can be applied to the injured area and bandaged. Change the dressing every other day, 2–3 times a day, and add physiotherapy.

3. Sprains

Cool the injured joint, for example, with an ice pack. It is best to stabilize the injured joint with a bandage and avoid putting any further stress on it. Sprains are caused by a sudden and forceful twisting of the joint, which can damage the ligaments and tendons attached to the joint. They occur most often in the ankles, knees, wrists, and lower back. Treatment methods vary depending on the location of the sprain.

1) For acute lumbago, have the patient lie supine on a wooden bed with a thick mattress and a pillow under their lower back. Apply a cold compress first, followed by a hot compress.

2) Sprains: For sprains of the ankle, knee, or wrist, elevate the injured area and apply a cold compress for 2–3 days, followed by a hot compress. If the sprained area is swollen, bruised, and painful, heat half a jin of aged vinegar and apply it to the injured area with a towel, 2–3 times a day for 10m each time. In cases of severe dislocation or fracture, it is best to go to the hospital immediately for emergency treatment.

4. Bruising/Swelling

A violent collision can cause subcutaneous blood vessels to rupture, causing blood to flow into the surrounding tissues, resulting in a bruised area under the skin. Treatment: Immediately cool the injured area. It is best to wrap the bruised area with an elastic bandage.

5. Muscle strain

Injury caused by torn muscle fibers. Primarily caused by excessive exercise or insufficient warm-up, the severity of the injury can be determined by the degree of pain. Once pain occurs, stop exercising immediately and apply ice or a cold towel to the painful area for 30 minutes to constrict small blood vessels and reduce local congestion and swelling. Do not rub or apply heat.

6. Torn ligament.

When you sprain your ankle, it's easy to rupture a ligament. In minor cases, cool it down immediately, apply an ice pack, and rest for a few weeks. In severe cases,

you need to go to the hospital for surgery.

7. Tennis elbow is caused by excessive strain on the tendon insertion point, resulting in pain on the outer elbow during exercise. Cool the injured area and apply pain relief ointment, but do not immobilize it.

# 十四）Wilderness adventures

## Risk Prevention for Outdoor Adventures/

1. Do not camp near swamps.

2. Be sure to use mosquito nets.

3. Remove fewer clothes.

4. The assembled bed must be at least 1m off the ground.

5. A lit cigarette can make many bugs that bite into your skin let go.

6. After a venomous snake bite, apply a tourniquet first, then remove the venom. If the hands or feet are bitten and swelling occurs, puncture the Baxie acupoints on the upper limbs, which are located between the four fingers. For the lower limbs, puncture the Bafeng acupoints, which are located between the four toes. This will accelerate detoxification and reduce swelling. Puncturing method: Use a blunt, thick needle and insert it horizontally and straight for 2 cm.

7. If you experience frostbite in snowy conditions, do not rub the affected limb with snow, and do not massage it.

8. If you encounter danger in the desert, dig a sand pit, rest during the day and travel at night, and find ways to collect morning dew.

9. Travel equipment should be selected based on actual needs. Equipment used in specific adventurous travel environments, such as cave exploration, snow mountain climbing, and primeval forest expeditions, must meet very high-performance standards. The following is a list of common outdoor adventure travel supplies. Choose compact and lightweight items whenever possible.

1) Tent.

Main body, attachments, cables, nails, hammers, mallets, shovels, saws, other.

2) Photothermal products.

Fuel, Matches, Candles, Lighters, Flashlights, Rechargeable Lights, Batteries. Search and rescue personnel can see the light from flashlights from a long distance. They are the best way to attract the attention of rescuers and are easy to carry. If you have trouble making a fire, a flashlight can be a great help.

3) Bedding.

Sleeping bag, mat, blanket, other.

4) Kitchenware.

Pot, stove, basin, bowl, spoon, bucket, knife, shovel, cup, fork, chopsticks, kettle.

5) Food.

Staple foods, seasonings, and drinks. Before departure, you must bring an outdoor food item, an essential for adventures and travel—the U-Easy Vitality Journey. This can replace food and sustain life for 5–10 days in the absence of food, providing valuable time while waiting for rescue.

6) Personal items.

Backpack, small bag, knapsack, coat, underwear, hat, socks, boots, slippers, gloves, rain gear, toothpaste, toothbrush, soap. Notebook, map, compass, cash, credit card, camera, watch, driver's license, ID card, communication devices.

7) First-aid kit and other medical supplies.

Lipstick, sunscreen, band-aids, pain relievers, digestive tablets, cold medicine, disinfectant, cotton, gauze, Fengyoujing, alcohol, bring some QuickClot or Celox rapid hemostatic agent to deal with severe bleeding, and also bring tweezers, needles and thread, antibiotic ointment, sunscreen, and any special medications you need for emergencies.

8) Whistle.

When you're lost in the woods, a whistle is the best tool to help you signal for help. Blowing a whistle periodically requires much less energy than shouting, and the high-pitched sound carries much farther.

9) Plastic garbage bags.

Plastic trash bags are thin and lightweight, but they have many uses. You can use them to collect rainwater, or cut three holes in one to make a makeshift poncho. They can also be used as a windbreak for a shelter.

10. When organizing comprehensive field survival training, tour guides (tour leaders) should have well-considered safety measures. (1) Make meticulous and complete expedition plans and sufficient material preparations, including the purpose of the activity, route, date, division of labor, discipline, equipment, items, tourist files, etc., and make sure every tourist fully understands them.

1) Health management. Travelers should undergo a health check before departure. If any unsuitable conditions are found, wilderness survival training should be discontinued.

2) Organize the necessary physical, technical, and psychological training.

3) The tour guide (leader) directly discusses matters related to joining general accidental injury insurance or special accidental injury insurance with the travelers, so that the travelers can obtain greater risk protection.

4) Organize the team. Divide the team into groups of 5–12 people. The entire team should not be stretched out too much and should maintain communication at all times. Agree on a Communication signals. A responsible, experienced person who is fully aware of the activity plan should be assigned as a point of contact. Medical personnel should be available.

## Emergency Accident Handling Plan

1. Avoid lightning strikes

There is a risk of being struck by lightning during outdoor activities. However, taking scientifically effective measures can significantly reduce this risk:

1) Anticipate thunder and lightning. First, observe the cumulus clouds growing larger, soon turning into thunderclouds, and quickly find a safe place to take shelter. A crackling sound from the radio or sudden large raindrops are also precursors to thunder.

2) Run to low-lying ground.

3) Stay away from tall trees or dense forests.

4) Move away from the tower and remove any metal objects from your person, placing them in a plastic bag.

5) If you are in the water, go ashore immediately.

6) Do not gather together, please disperse.

7) Shelters such as cabins, cars, and shady or recessed areas of rocks are also good places to take shelter, but be careful not to lean against the wall.

2、Rockfall Avalanche

Even a small stone falling from a height can cause serious injury or even death. Therefore, when walking in the mountains, pay attention to falling rock signs, carefully observe and identify loose rocks. Generally, in areas with many stones, loose rocks appear newer in color than the surrounding stones. When passing through areas prone to falling rocks, wear a safety helmet or cover your head with thick clothing and pass quickly. Try to identify falling rocks early and avoid them promptly to prevent accidental injury. If you accidentally dislodge a stone while walking, shout immediately to notify your companions below.

The threat of avalanches is significant. Therefore, when conducting wilderness survival training, first inquire with local residents about potentially dangerous areas to avoid regions prone to avalanches. Avalanche-prone areas

can also be identified by topographical features, such as avalanche chutes on hillsides, hanging glaciers above slopes, and cornices on ridges. Before an avalanche, snow chunks and ice shards will fall. Confirm the direction of the falling ice and then decide on your escape route. If you are caught in an avalanche and cannot escape, move your arms and legs quickly as if swimming, trying to keep your head above the snow. Simultaneously, throw out any items you are carrying as markers so that others can know your specific location under the snow and rescue you promptly.

3. Prevent getting lost

When hiking in the mountains and forests, avoid entering or climbing areas with terrain such as bamboo forests, grasslands, or cliffs. Always be aware of your direction. A compass and map are very useful in these situations. If you don't have either of those, you can use the following methods to determine your direction:

1) Find Polaris (North Star): Ursa Major (Big Dipper) is composed of seven stars arranged in the shape of a dipper. Extend a line from the two stars at the end of the "dipper" about five times their distance, and you will find Polaris, which indicates north.

2) Observe plants: The south-facing part of bamboo stems is greener, while the north-facing part is yellower; the tips droop towards the south when there is no wind. The annual rings on tree trunks are looser on the south side and denser on the north side. Moss and ferns mostly grow on north-facing areas.

3) Watch observation method: Place a small stick in the center of your watch. Rotate the watch until the stick's shadow aligns with the hour hand. The bisector of the angle formed by the hour hand and 12:00 pm will point north, and the opposite end will point south.

4) When traveling in the wilderness, leave markers along the way to help you return on the same route, guide companions, and provide clues for rescuers. Markers can be items you carry, such as strips of cloth, tied to trees or placed under rocks. You can also make markers using materials found on-site.

4. Feeling unwell. If you feel unwell, dizzy, or lightheaded, relax, sit down or recline, and loosen any tight clothing or bags. Tell your companions about your symptoms, whether you feel cold or feverish, and where you feel pain or discomfort. Then consider how to address the issue. If your face is flushed, your breathing is rapid, and you're not sweating, you may be experiencing heatstroke. Move the affected person to a shaded area to rest, elevate their head, keep them lying flat, and ensure they remain calm. Focus on cooling them down. They can also take Rendan, Shidi Shui, or light salt water. If they are vomiting, have them lie on their side with their

right hand under their chin as a pillow. Encourage them to relax. After vomiting, they should rinse their mouth and rest quietly. If symptoms worsen, take them to a hospital immediately. Sneezing, chills, and headaches are early symptoms of a cold. Drink plenty of water, take common cold medicine, and get plenty of rest to recover. If you catch a cold while camping, eat warm food, stay warm, go to bed early, and try to sweat out the illness. If the fever persists, take an antipyretic. Abdominal pain can have many causes. Based on the location, pain in the lower left abdomen may indicate acute gastroenteritis or a chill. Take Huanglian Su or Zhenglu Wan and keep the abdomen warm. Resting quietly will usually lead to recovery. Persistent pain and tenderness in the lower right abdomen could signal appendicitis. Do not take painkillers (as they may mask symptoms) and seek immediate medical attention. For stomach pain, burning sensations, or nausea, take medication to protect the stomach lining.

5. Stings and Bites

1) In most cases, if you are bitten by mosquitoes, fleas, bed bugs, etc., stung by wild bees, caterpillars, etc., or bitten by centipedes, leeches, etc., applying Fengyoujing, Tiger Balm, saliva, or soap can have anti-inflammatory and anti-itching effects. After being stung by a wild bee, you will experience severe pain, blurred vision, nausea, and other symptoms. If you find the venom gland and stinger from the bee's tail still in the wound, remove them with tweezers or small pliers, not your fingers. Then, apply acetic acid to the wound to reduce swelling and relieve pain. You can also crush wild chrysanthemum leaves or Prunella vulgaris and apply them to the wound. If bitten by a leech, do not pull it out forcefully, as this may break it and leave its sucker in the wound, causing inflammation and ulceration. The correct way to handle it is to pat the area around the leech with your palm. The startled leech will detach itself. You can also sprinkle Fengyoujing or salt on the leech, or burn it with a cigarette butt. If your skin is irritated by the poisonous hairs of a caterpillar, you will feel burning, itching, and pain, accompanied by redness and swelling. Carefully remove the caterpillar from your body, then apply adhesive tape to the affected skin. When you peel off the tape, the poisonous hairs will be removed. You can also crush some heat-clearing and detoxifying herbs, such as Portulaca oleracea, dandelion, and wild chrysanthemum, and apply them to the affected area. If a rash appears all over your body, you can take antihistamines such as chlorpheniramine. Because scorpions and centipedes are highly venomous, treat their stings as you would a snakebite.

2) When walking in the wild, do not put your hands into tree holes or rock crevices, which are places where snakes rest during the day.

How to determine if you've been bitten by a venomous snake:From appearance, non-venomous snakes typically have an oval-shaped head, a slender tail, and less distinct body patterns.From the wound, venomous snakes leave marks from their fangs, resulting in two prominent fang marks, whereas non-venomous snakes leave a neat row of teeth marks.From timing, if redness, swelling, and pain occur within 15 minutes of being bitten, it is likely a venomous snake bite.

First aid after a venomous snake bite. After being bitten, avoid running vigorously to slow down the body's absorption and spread of the venom, reducing the overall reaction. Remember the shape of the wound and inform the emergency medical personnel in detail. If you killed the snake, bring the dead snake with you so that medical personnel can provide timely and correct treatment. After being bitten by a venomous snake, immediately tie a soft rope or band above the wound to block the return of venous blood and lymph, reduce venom absorption, and prevent the spread of toxins. Emergency detoxification. Immediately rinse the wound with cold tea, cold boiled water, or spring water. If conditions permit, use saline, soapy water, hydrogen peroxide, 1/1000 potassium permanganate solution, or 1/4000 nitrofurazone solution for rinsing. Perform incision detoxification. Use a clean seedling knife, scraping knife, triangular needle, or other clean sharp instrument to pierce the wound. Do not cut too deep; the principle is to break the skin between the two fang marks, or prick several holes in the skin around the wound with a seedling knife, with the cuts about the size of a grain of rice. This can prevent the wound from closing, allowing the venom to flow out. After the incision, immediately clean the wound and continuously squeeze it from top to bottom for about 15m to squeeze out the venom. If the venom in the wound cannot flow out smoothly, use suction detoxification. Use cupping or a syringe with a rubber tube attached to the front end to suck out the venom. If there are no tools available, you can directly suck it out with your mouth, but you must pay attention to safety, spitting while sucking, and rinsing your mouth with clean water each time. Take medicine internally and apply it externally. The specific snake medicine to use should be based on what can be immediately obtained locally and used flexibly.

6. Bone Fractures

1) First-aid methods for injury and bleeding.

In the wilderness, accidental injuries can sometimes cause bleeding. Minor epidermal bleeding typically heals on its own without special treatment. However, severe bleeding can be life-threatening and requires immediate

measures to stop the blood flow. For small wounds, direct pressure can be applied near the wound using a clean cloth. If blood soaks through, replace the cloth repeatedly until active bleeding stops. Only then should you cover the wound with sterile gauze and secure it with a bandage. For cuts or lacerations with continuous bleeding, which indicates arterial bleeding and poses a significant risk, a tourniquet or pressure bandage must be used. It's crucial to loosen the tourniquet every 20 minutes or so and then re-tighten it to prevent complete disruption of blood circulation to the limb below the tourniquet, which could lead to tissue necrosis. Additionally, you can pack the wound with clean gauze, hemostatic cotton, or other hemostatic agents, and then secure it with a pressure bandage.

2) Fractures and sprains.

In wilderness survival, slips, falls, and loss of balance can easily lead to fractures, dislocations, or sprains. If a fracture or sprain occurs, first rest and avoid moving to prevent further injury. Cool the affected area with river water, ice, or snow, but do not massage it. Then, splint the injured area with a board or suitable substitute and secure it with a bandage, applying pressure. Elevate the injured area above heart level. Finally, transport the person to a hospital. Handle them with extreme care during transport. Common carrying methods include a two-person chair carry, a one-person piggyback carry, a two-person assisted walk, or a stretcher. If the spine is injured, the person must be secured on a flat, rigid stretcher before being transported to a hospital. Keep the body straight to avoid spinal cord damage and potential paralysis.

7. Distress Signal

The first step to being rescued in an emergency is to contact the outside world and let others know your situation. SOS (Save Our Soul) is the internationally recognized distress signal. It can be written on the ground, transmitted by radio, signaled with flags, or otherwise coded. In addition, almost any action repeated three times symbolizes a call for help, such as lighting three fires, creating three columns of smoke, making three loud whistle blasts, gunshots, or flashes of light. If using sound or light signals, wait 1 minute after each set of three signals before repeating.

1) Smoke and fire signals.

Burning three piles of smoke and fire is an internationally recognized distress signal. Ideally, the fires should be arranged in a triangle with equal spacing for easy ignition. During the day, smoke is an excellent locator, so materials that produce smoke, such as plastic film and green leaves, should be added to the fire. The dense smoke rising into the sky creates a sharp contrast

with the surrounding environment, making it easily noticeable. At night or in a deep green jungle, bright, dense smoke is very conspicuous. Adding green grass, leaves, moss, and ferns will produce thick smoke. Black smoke is most visible against snow or desert backgrounds, and rubber and gasoline can produce black smoke. Signal fires are unlikely to burn all day, but they should be ready at any time. Keep the fuel dry and easy to ignite so that it can be lit as soon as any aircraft passes by. Birch bark is an ideal fuel. Gasoline can be used to start the fire quickly, but do not pour it directly onto the fuel. Use some cloth as a wick, soak it in gasoline, and then place it on the fuel pile. Move the gasoline container to a safe place before igniting. Remember to prepare some green bark, oil, or rubber nearby to produce dense smoke.

2) Ground-to-air signals.

Find a large open area and set up signals that can be easily observed by air rescue personnel. The specifications of the signals should ideally be 10m long and 3m wide, with a 3m interval between each signal. "I" - There are seriously injured patients who need to be transferred immediately or require a doctor; "F" - Need food and drinking water; "II" - Need medicine; "LL" - Everything is OK; "X" - Unable to move; "→" - Move along this route.

3) Other signals.

light signal. Use sunlight and a mirror, or any bright material such as glass or a platinum sheet, to reflect the signal light. Continuous reflection will produce long lines and dots, a type of Morse code.

Semaphore signals: Swinging your arms left and right indicates that you need rescuing. First, make a long stroke to the left, then a short stroke to the right.

# 十五) High-thrill motorized games in the amusement park

## Risk Prevention for High-Stimulation Rides at Amusement Parks

1. Check the ride's control room for a Safety Inspection Certificate issued by a specialized agency. Do not ride any amusement facility without a usage registration certificate, a valid periodic inspection report, or safety precautions and warning signs.

2. Before playing, please read the "Visitor Information" for the amusement facilities and follow the instructions carefully.

3. Follow staff instructions.

4. Children must be accompanied by an adult when playing in the playground. Identify and eliminate any safety hazards promptly.

5. Rides like roller coasters often involve sudden drops, turns, and even collisions in a short period. While exhilarating, these intense movements can affect blood flow back from the head and neck, leading to impaired eye blood circulation, increased eye pressure, or ruptured blood vessels in the eye. This can severely impact those with glaucoma. For individuals with high myopia, such vigorous activities can easily cause changes in eye pressure, and in severe cases, even lead to retinal detachment and serious consequences.

6. After entering summer, high temperatures and large crowds can easily cause travelers to experience dehydration, vomiting, and dizziness. Travelers with weaker constitutions are more likely to experience these problems, especially after taking thrilling rides. Please take extra precautions.

## Emergency Accident Handling Plan

1. If you feel unwell when riding amusement facilities that include both rotation and revolution, such as swing boats, please immediately signal to the staff with gestures and expressions. The staff will stop the machine immediately and arrange for unwell travelers to rest or receive treatment depending on the specific situation.

2. In the event of a large-scale power outage that causes the amusement rides to shut down, please do not panic. Simply follow the staff's instructions, and we can fully guarantee that mechanical, manual, or backup electric power will be used to guide visitors to a safe location.

3. If a fire breaks out in an amusement park, passengers are often trapped in their seats by safety equipment and can only passively wait for rescue, losing their ability to escape. Therefore, do not stuff waste such as paper scraps or wrapping paper into the gaps of amusement park equipment, as this may cause a fire. If you notice anyone in your group smoking, remind them not to throw cigarette butts around in the amusement park. When discarding cigarette butts in trash cans, please ensure they are completely extinguished. When boarding amusement park equipment, pay close attention to your surroundings for any flammable materials and report them to staff immediately.

4. If a fire breaks out in an entertainment facility, cover your nose and mouth with clothing, a handkerchief, or a napkin (preferably wet) and bang on the door for help while waiting for rescue.

5. Some exciting, high-speed rides may cause accidents, such as falls from heights, tumbles, or crush injuries. If an accident occurs, resulting in uncontrolled bleeding or unconsciousness, the tour guide (team leader) must take immediate action: call the 120 emergency system and provide complete information, including the location of the accident, a contact phone number, the events that occurred, the number of injured individuals, and their conditions. After a serious injury, even if the injured person appears normal, they should be taken to a hospital for observation. Emergency personnel not only have professional first-aid knowledge but also have first-aid equipment. Before emergency personnel arrive, try not to change the injured person's position. If you must move the injured person, move their head and body as one unit, lifting and turning them together while firmly supporting the head and neck. If the injured person has significant external bleeding, immediately locate the source of the bleeding and apply direct pressure to the wound to stop it. Use the cleanest available cloth to bandage the wound and minimize contamination. If the injured person has a deformed limb, consider the possibility of a fracture. In this case, avoid moving the patient excessively and immediately immobilize the affected limb using branches, sticks, or similar objects. If there is severe swelling, cut open the injured person's sleeve or pant leg. If a fractured bone has pierced the skin, do not attempt to reset it immediately to avoid introducing contamination deep into the wound.

# 十六) Animal-related activities

## Animal-Related Activity Risk Prevention

1. Do not wear slippers, sandals, or go barefoot when leading animals to avoid being stepped on, especially when turning.

2. When mounting, point your toes inward. When dismounting, first point your left toes inward, then release your right foot, and then dismount. Pointing your toes inward is crucial for both mounting and dismounting. If the animal gets startled or refuses to be ridden and runs away, you'll at most fall once. However, if your entire foot is stuck in the stirrup, you'll be dragged, which is extremely dangerous.

3. Do not ride animals or run quickly at the edge of the forest. If the animals are startled or you lose control, they may dash into the woods, which can be very dangerous.

4. Pay attention to the road surface: Animals with horseshoes can easily slip on cement roads. Be careful on gravel roads and uneven surfaces. Don't run, otherwise, the animal's hooves may be damaged, causing it to stumble and potentially injuring the rider.

5. Look after your companions: Pay attention to how your companions are riding. Keep a safe distance between animals, and don't bump into your companions.

## Emergency Accident Handling Plan

1. Fall injuries

When falling from an animal, injuries commonly occur to the neck, legs, and lower back. Moving around can cause bone fragments at the fracture site to pierce blood vessels or nerves, leading to further damage. It's incorrect to assume that if you can still walk after a fall and only experience some redness and swelling, applying medication will suffice. Falls differ from other sudden illnesses. If you experience a fall in a remote area and cannot find a board or other hard object, immediately use clothing or similar materials to tightly bind and immobilize the injured area. In the case of a lower back injury, do not sit up, as this may cause spinal misalignment. Instead, lie flat immediately and call emergency services (dial 120). Wait for medical personnel or others to transport you to a hospital on a board or rigid stretcher.

2. Bite Wounds

If a cow or horse bites you and won't let go, insert a cigarette, finger, or thin stick into its nostril. The stimulation will cause the animal to release its grip. Bites from large animals like cows or horses can be serious. Their strength can cause significant tearing, pulling, and damage to soft tissues and even bones, resulting in tissue damage, heavy bleeding, and local swelling. Additionally, the animal's mouth contains numerous bacteria, dirt, and debris, increasing the risk of infection and even tetanus. If bitten by a large animal, follow these steps:

1) Immediately rinse the wound thoroughly with a large amount of saline or a 1:5,000 potassium permanganate solution, and then bandage it with sterile gauze or other dressings.

2) If there is heavy bleeding or a fracture, immobilize the injured area and immediately call emergency services at 120.

3) For larger wounds, go to a hospital as soon as possible for debridement and sutures.

4)After initial wound treatment, you should go to a hospital to get a tetanus antitoxin injection to prevent tetanus.

3. Kicking Injury

These incidents often occur because young people are unfamiliar with animals

and attempt to ride them, or because they are making noise nearby, which provokes the animals. Severe kicks can cause lower limb fractures or internal organ ruptures. These injuries may not have any external wounds, so they are easily overlooked. If you are kicked by a horse and experience severe pain, you should go to the hospital immediately and have a doctor examine you.

# 十七）Hot springs

## Notes

1. Drink a glass of warm water (approx. 200 ml) before soaking to rehydrate.

2. Do not soak in the hot springs immediately after eating. It is best to wait 40–60 mins after eating, otherwise it may interfere with digestion. Do not soak in the hot springs when hungry, otherwise it may cause fatigue, hypoglycemia, dizziness, heart palpitations, or even fainting.

3. Please remove any valuable metal jewelry before entering the hot spring to prevent discoloration caused by the sulfur.

4. Before entering the hot spring, rinse your entire body and remove any makeup. Warm up your body to adapt to the water temperature. When choosing a hot spring pool, gradually adapt from low to high temperatures.

5. Soak in sections, starting with your feet, then your waist, and finally up to your heart. If you experience chest tightness, thirst, dizziness, or cold sweats while soaking, get out of the pool and rest for a while, replenishing your fluids as needed.

6. Soak until your body sweats, but avoid sweating profusely. If your entire body turns red and you experience symptoms such as a rapid heartbeat or shortness of breath, stop soaking immediately.

7. Each soak should not exceed 15m. Rest outside the pool before starting another cycle.

8. When leaving the pool in winter, take precautions against the cold to prevent catching a cold.

9. Drink some light salt water or warm water after soaking. While soaking, relax and stretch your body. If you are soaking alone, think about pleasant things, meditate, or close your eyes and rest your mind for a better experience. These activities will stimulate the brain to secrete endorphins (endogenous morphine), which will increase cerebral blood flow. Active brain cells quickly eliminate fatigue, improve immunity, strengthen the body, and delay aging.

Not suitable for

1. Pregnant or menstruating women;

2. Those who have not fully recovered from surgery;

3. People who are drunk or excessively fatigued;

4. Acute illnesses (such as acute gastroenteritis) and bleeding disorders.

5. Those with severe heart disease, moderate to severe hypertension, or respiratory dysfunction.

6. Infectious diseases (such as acute hepatitis).

7. Malignant tumors, epilepsy, etc.

8. Guests with high blood pressure or cardiovascular diseases must follow their doctor's advice and be accompanied by a healthy adult when entering and soaking in the pool.

# 三、Safety Precautions for Special Groups

Who doesn't love picturesque scenery? The refreshing embrace of nature isn't just for the young; it's an activity enjoyed by everyone, including seniors, children, and pregnant women. However, compared to other travelers, these groups should pay extra attention to travel safety. Please refer to the detailed safety guidelines below:

## —) Child

### 1、 Child Travel Safety Precautions

Children are more prone to health issues while traveling due to their weaker immune systems and lower adaptability to new environments. Furthermore, their physical and mental development is not yet mature, they lack self-control and self-care abilities, and their strong curiosity and adventurous nature can lead to unexpected situations. Therefore, family travel requires extra attention to health and safety precautions. Not having sufficient medications on hand can cause significant anxiety for parents. Here are some common issues and precautions for traveling with children:

1) First, choose your destination carefully: Avoid traveling to countries or regions with poor public health conditions. Even when traveling to developed countries, research any prevalent infectious diseases and check whether you and your children have been vaccinated. If, after careful assessment, there are still risks, get the necessary vaccinations before departure, based on your destination and travel style. Second, carefully plan your transportation, accommodation, and length

of stay in advance.

2) Before departure, please discuss with your pediatrician, including the child's age, health status, and any special conditions. The doctor should make a comprehensive assessment to determine whether the child is suitable for international travel. Generally, infants under one year old, including newborns under one month old, have the weakest immunity and need to grow in a stable environment. Therefore, it is not recommended to take them abroad. Children who are currently ill are also not suitable for travel. It is best to wait until their condition is stable before making plans.

3)Children are particularly susceptible to upper respiratory tract infections while traveling, with symptoms such as fever, sore throat, cough, and nasal congestion. These infections are mostly caused by droplet transmission during the trip. If one member of a tour group is infected, it often leads to an outbreak, or it can spread among family members through close contact, making it difficult to prevent. If a child unfortunately develops a fever during the trip but doesn't show obvious symptoms of an upper respiratory tract infection, parents don't need to panic. First, ensure the child gets enough sleep, rests, and drinks plenty of warm water. Administer antipyretics only if the fever exceeds 38.5 degrees. If the fever persists for more than 24 hours, or if the child experiences seizures, significant lethargy, vomiting, diarrhea, or an unusual skin rash, seek medical attention immediately. If an infectious disease such as measles or chickenpox is detected in the travel area, relocate or terminate the trip immediately.

4) Diarrhea is also a troublesome problem for parents. Some children may have difficulty adapting to new environments, including water quality and diet. Food and drinks are the most important things to choose carefully during travel. If a child develops acute gastroenteritis during the trip, severe and persistent vomiting and diarrhea can cause dehydration, so oral rehydration solution should be given immediately. A child's intestinal wall cells are not yet fully developed, so ordinary adult sports drinks are not suitable for children. At the same time, do not take drugs that reduce gastrointestinal motility without a doctor's instructions, so as to avoid prolonging the time that harmful bacteria stay in the child's intestines. There have been case reports of intestinal perforation due to this. If the diarrhea cannot be handled by the parents, the child should still be sent to the hospital for emergency treatment to find out the cause and give intravenous electrolyte solution supplements.

5) Jet lag is not usually a problem for children, especially those under five, as their physiological cycles are not yet stable and they do not have the obstacle of adapting to time differences. However, children over five, because their

physiological cycles are more regular, will experience jet lag on long-haul intercontinental trips. It is recommended that parents and children adjust their routines together three days before departure to adapt to the time difference in advance. The time spent on the plane is also a good opportunity to adjust to the time difference. If insomnia occurs, sedatives or sleeping pills may be taken as directed by a physician before the trip.

6) Children are naturally active, and it's common for them to experience injuries like falls, fractures, or sprains while traveling. Within 48 hours of such an injury, ensure the child rests, apply ice, elevate, and immobilize the injured area. While these injuries are rarely life-threatening, improper care can prolong recovery. If symptoms are severe, it's best to seek treatment from a pediatric orthopedist and rehabilitation specialist after returning home.

7) When traveling to tropical countries, be aware of heat-related illnesses. Children's ability to sweat and dissipate heat is not as good as adults', and they have poor tolerance to heat or high temperatures, making them susceptible to heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke. Prolonged exposure to strong sunlight may cause headaches, tinnitus, and restlessness. Excessive loss of water and salt can cause fainting. To prevent heat-related illnesses, avoid going out at noon as much as possible; prepare loose cotton and linen summer clothes, protective hats, sunglasses, or warm wool winter clothes, neck gaiters, gloves, and towels for children; wear a hat in the hot sun; and replenish water and electrolytes appropriately. In addition, children are prone to hypothermia in low-temperature environments.

8) Skin conditions are also quite common during travel, including diaper rash, insect bites, impetigo, scabies, and candidiasis. Pay attention to environmental hygiene, avoid mosquito bites, take safety precautions, and carry topical ointments for emergencies.

## 2、Emergency first aid measures for children in case of accidents

1) Childhood accidental injuries can be divided into the following three categories according to their severity:

Life-threatening situations such as drowning, electric shock, lightning strike, traumatic bleeding, airway obstruction, car accidents, and poisoning. In these situations, every second counts, and immediate on-site first aid is crucial to prevent avoidable deaths.

Other types of accidental injuries, while not immediately fatal, can also be very serious. These include various burns and scalds, fractures, venomous snake bites, dog bites, etc. If not treated promptly or properly, they can also lead to death or lifelong disability.

There is also a category of minor accidental injuries, such as small cuts, scrapes, or minor burns. These can be treated simply, and if necessary, you can go to the hospital for treatment.

2) The first two types of accidental injuries to children require first aid. These are mainly divided into the following situations:

A: Rescues Lives

First, check if the injured child is breathing and has a normal heartbeat. If the child's heartbeat and breathing are irregular, about to stop, or have just stopped, the top priority is to use artificial means to help the child breathe and restore spontaneous respiration, and to support the child's normal heart function. At room temperature, if breathing and heartbeat completely stop for more than 4m, life will be in imminent danger; if it exceeds 10m, it will be difficult for the child to be resuscitated. Therefore, if the patient's breathing and heartbeat are severely impaired, failure to perform first aid immediately and waiting until arrival at the hospital can often lead to irreversible consequences. Emergency treatment for sudden cardiac and respiratory arrest is referred to as cardiopulmonary resuscitation (CPR). CPR usually involves artificial chest compressions and mouth-to-mouth artificial respiration. When performing artificial respiration, pinch the patient's nose, blow air into the patient's mouth forcefully, and observe whether the patient's chest rises. When the patient's chest rises, stop blowing and let the patient passively exhale, then give the patient another deep breath. For adults, it's 14–16 times per minute, and for children, it's 20 times per minute. The first six or seven breaths can be faster, then return to normal speed.

B: fracture

In the event of a fracture or dislocation, do not move the child, as this could cause further displacement of the injury or rupture blood vessels due to pressure. First, ask the child if they can move the injured area. If they say yes and only feel slight pain, the injury is usually not serious. In this case, let the child rest in a comfortable position and cover the injured area with a cloth. Apply an ice pack to the injured area every 2–3 hours for 24–48 hours after the injury to reduce pain, bleeding, and swelling. However, apply ice for only 20–30 minutes at a time. Do not apply ice continuously for long periods or place the ice pack directly on the skin, as this can damage the child's skin. You can also use an elastic bandage to compress the injured area, which can limit the further accumulation of blood and other fluids

at the wound and prevent more severe swelling. In addition, you can elevate the injured area with a few pillows, preferably above heart level, to reduce blood flow to the injury and swelling. If the situation is serious, call an ambulance immediately. Before the ambulance arrives, you can apply a simple bandage to the injured area to stabilize it, which will help the doctor with further treatment.

C: Poisoning

In case of poisoning, contact the emergency center immediately. If the poisoning is due to ingestion, immediately wrap your finger with a soft cloth, disposable towel, or tissue to remove any remaining poison from the child's mouth. Keep the child lying on their left side to delay gastric emptying, maintain airway patency, and facilitate the expulsion of vomit. For contact poisoning, immediately wash the affected area with soap and running water to remove any plant sap. For inhalation poisoning, immediately remove the child from the contaminated area. If the child is unconscious, perform CPR according to the emergency procedures for accidental suffocation.

# 二）Seniors

## 1、Safety Precautions for Elderly Travelers

Senior citizens generally have less physical strength and stamina than younger people, so it's important for them to take good care of their health while traveling.

1) Choose the right season. For young people, any time of year is a good time to travel. Even in the depths of winter, they can enjoy the snow and plum blossoms, and appreciate the natural scenery. However, for the elderly, it's not so easy. For seniors with cardiovascular and respiratory diseases, cold weather is not suitable for travel, and the hot summer is also unsuitable for the elderly, as it can easily cause heatstroke. Therefore, the best time should be spring and autumn. Some suggest that the time when flowers bloom in spring and the fragrance of osmanthus blossoms in autumn is the best time for the elderly to travel.

2) Choose a suitable travel destination. Elderly people can choose scenic spots and historical sites or leisure resorts according to their preferences and conditions. For elderly people, it is advisable to visit fewer mountains and more water areas, especially classical gardens, as mountain trips often involve climbing and hiking, which can be challenging for elderly people whose legs and feet are not as agile as young people's. Visiting classical gardens and enjoying the lakes and scenery avoids strenuous climbing. Pay attention to your physical limitations and avoid overly strenuous activities such as mountain climbing or long-distance travel.

3)Pack appropriate clothing. In spring and autumn, the weather is changeable and the temperature difference is large, especially in spring, as the saying goes: "Spring is like a child's face, changing three times a day." The temperature difference between morning and evening is quite large. Therefore, you must bring more light and warm clothes for easy layering and changing. Be sure to check the weather and temperature of your destination in advance and bring enough clothes and rain gear to avoid catching a cold or getting wet and sick. It's best to wear comfortable, soft, and breathable shoes. Having suitable shoes will ensure a smooth trip.

4)Bring any necessary medications. These medications fall into two categories. First, bring medications for chronic conditions. For example, if you have high blood pressure, diabetes, or coronary heart disease, bring necessary medications just in case, even if you are not experiencing any symptoms. Second, bring medications for motion sickness, seasickness, diarrhea, inflammation, or constipation. Changes in lifestyle habits while traveling can easily cause constipation. You may also experience diarrhea due to changes in diet and water. In addition, bring items such as pain relief patches, alcohol, cotton balls, and mercurochrome. Seniors with allergies should avoid places with flowers as much as possible, or take antihistamines such as chlorpheniramine or astemizole in advance to prevent allergic reactions. Those who frequently experience motion sickness can carry motion sickness medications such as dimenhydrinate, phenergan, or Dramamine with them and take them half an hour before traveling. You can also use acupuncture on the Neiguan acupoint (on the palm side of the wrist, two inches above the wrist crease in the center) and Zusanli acupoint (on the outer side of the knee, three inches below the kneecap). You can also massage these two acupoints yourself or practice Qigong meditation on them.

5) Pay attention to a reasonable and hygienic diet. You'll expend a lot of energy while traveling, so bring enough food. Choose food that is easy to carry, nutritious, fresh, and hygienic. It's also a good idea to eat more fruit. When traveling, it's inevitable to eat out, so be careful not to eat raw or unclean food. Carry some berberine tablets or compound sulfamethoxazole tablets with you for emergencies.

6) Pay attention to safety. Seniors should travel with companions and avoid going out alone to ensure walking safety. Do not climb high to prevent accidents. When traveling, seniors should be cautious and travel together when taking buses, boats, or climbing mountains to take care of each other. At the same time, carefully plan the itinerary to minimize fatigue. Do not lean against the window when riding in a vehicle. It is best for seniors to bring a cane when going out to prevent falls. In case of a fall, do not rush to help them up. Find out the cause before taking action. If the fall occurs on uneven ground, it may be related to the road conditions, and

check for fractures. If the fall occurs in the restroom, it may be caused by fainting due to bowel movements or a cerebrovascular accident. If the person appears pale and has a weak pulse, it may be an orthostatic hypotension reaction. Therefore, after simple first aid, take them to a nearby hospital for treatment immediately.

7) Elderly travelers should have a full medical checkup before their trip and should only travel if they are deemed fit to do so. Elderly travelers with chronic illnesses should bring any necessary medication and should not interrupt their existing treatment.

8) Moderate travel time. Generally, one week is appropriate. This is because excessive travel time and physical exertion can be detrimental to your health. It's important to know when to stop.

## 2、 First aid measures for accidents involving the elderly

1) Asthma patients should avoid "bei".

If an elderly passenger experiences a medical emergency, stay calm and have them sit or recline. Loosen their clothing, clear any secretions from their mouth, and ensure their airway is open. If a bronchodilator inhaler is available, have them use it several times. Once their condition stabilizes, transport them to a hospital in a sitting position using a stretcher or chair with back support. If using a bicycle for transport, maintain a seated position to avoid pressure on their chest and abdomen.

2) Avoid jolting for cerebral hemorrhage.

If a patient experiences a cerebral hemorrhage, they should immediately lie flat, avoid any jarring movements, and seek treatment at the nearest possible medical facility. Long-distance transport is not advisable. If transport is unavoidable, ensure it is as smooth and stable as possible, minimizing bumps and keeping the patient's head steady to reduce vibrations and shaking. Tilt the patient's head to one side to allow vomit to drain and prevent airway obstruction and suffocation. If possible, apply ice packs immediately to reduce brain swelling.

3) Stroke: Every Second Counts

If a blocked brain blood vessel isn't cleared within 6 hours, it's too late. To improve the effectiveness of stroke treatment, patients must receive treatment as soon as possible after the onset of symptoms, ideally within 6 hours. Don't miss this critical window of opportunity.

4) Heart disease: Avoid strenuous activity

If an elderly person with heart disease experiences angina accompanied by heavy sweating, irregular heartbeat, and shortness of breath: 1. Immediately call emergency services (120); 2. Keep the patient calm and resting in a supine position;

3. Help them take nitroglycerin or a similar medication; 4. Ensure the patient's airway is clear. Unless the patient experiences cardiac or respiratory arrest requiring immediate resuscitation, do not move other heart patients with different symptoms and wait for emergency medical assistance.

# 三）Pregnant women

## 1、Safety Precautions for Pregnant Travelers

Because pregnant women carry a small life within them, they bear higher risks than the average person. Therefore, travel for pregnant women involves many considerations and more restrictions than for others. This is for the safety of both the mother and the fetus.

1) The number of weeks of gestation is the primary consideration. The Travel Medicine Association suggests that it is best to avoid international travel or long-distance trips during the first three months and the last two months of pregnancy. The fourth to sixth months of pregnancy are the best time for travel. During the first three months of pregnancy, the embryo is not fully developed and there is a risk of miscarriage, so travel is not recommended. Especially for pregnant women who are more than 32 weeks pregnant and close to their due date, obstetricians and gynecologists generally discourage air travel. There have been many reported cases of premature births on airplanes, so airlines stipulate that pregnant women who are 32 weeks (inclusive) or more pregnant are not allowed to board the plane. Pregnant women must present a doctor's certificate stating their expected due date to be allowed to travel. Similarly, some insurance companies exclude pregnant women from their policies.

2) Pregnant women often need someone to take care of them, so it is not advisable to travel alone or with a group of strangers. If your husband, relatives, or friends accompany you throughout the trip, they can take care of you when you are not feeling well, and you can adjust your itinerary at any time. This not only reduces the risks of traveling but also allows you to share every moment of the journey with your loved ones.

3) The most important thing is to consider the medical care available in the area you plan to visit. Before you leave, assess whether the destination has sufficient medical resources, especially for obstetrics and newborns. It's best to find out the local emergency medical care number and the address of the nearest obstetrics and gynecology hospital in advance. Avoid traveling to remote wilderness areas, islands,

or places with limited transportation, as these areas often lack widespread medical facilities, and you may not be able to get immediate medical attention if needed.

4) Avoid traveling to areas with poor sanitation, especially those infested with disease vectors such as mosquitoes, flies, cockroaches, and rats. If a country has been declared a contagious disease epidemic area, do not travel there. Infectious diseases such as malaria, yellow fever, cholera, typhoid, plague, and dysentery are particularly dangerous for pregnant women, so it is essential to avoid epidemic areas.

5) In high-altitude areas, the partial pressure of oxygen is insufficient, and most people are prone to altitude sickness. Pregnant women, in particular, require more oxygen and are therefore not suitable for high-altitude travel. After a jet airliner climbs to a certain altitude, the air pressure decreases. At this air pressure, the arterial blood gas concentration will decrease, which may cause clinical symptoms for pregnant women with anemia, especially those with sickle cell anemia or who carry the gene. Pregnant women with special constitutions should pay special attention. Similarly, underwater snorkeling also requires an additional oxygen supply, which is not suitable for pregnant women.

6) Food safety is crucial, especially for pregnant women. Avoid raw, unwashed, or unfamiliar foods to prevent diarrhea and indigestion during your trip. When choosing food, avoid raw salads, and don't drink water of unknown origin (even in 5-star hotels, confirm if it's boiled). Opt for peeled fruits (fruits eaten with the peel can have pesticide residue or mold), ensure eggs are fresh and thoroughly cooked, and confirm that milk is fresh and unexpired. Choose seafood carefully (avoid sashimi and raw oysters). Purchase bottled water daily. If you're unsure about the freshness of food, it's best to avoid it. Drink plenty of water and eat lots of fruit during your trip to prevent dehydration and constipation. Additionally, avoid smoking, alcohol, and caffeine.

7) In terms of clothing, please choose your clothes based on the local weather forecast before departure. Regions that are too cold or too hot are not suitable for pregnant women. Generally speaking, it is best to wear warm clothing that is easy to put on and take off, such as hats, coats, and scarves. The purpose is to increase the body's resistance to temperature differences and prevent colds. In hot areas, it is best to bring hats, sunscreen, and moisturizing lotion. Flat shoes are better. If necessary, a belly band and elastic stockings can reduce abdominal and lower limb discomfort. Since pregnant women urinate frequently, it is necessary to bring more disposable underwear to reduce the frequency of going to the toilet and to prepare for occasional emergencies.

8) For accommodation, try to choose countries with sufficient medical

resources and good public security. The hygiene and safety of hotels are particularly important. It is best to stay near the scenic spots, museums, art galleries, and other tourist attractions you plan to visit, so you can get enough sleep. High-end hotels usually have sports facilities, saunas, and swimming pools. Please assess your physical condition before deciding whether to use the hotel's leisure facilities.

9) For transportation safety, it is advisable to choose stable modes of transport, such as trains or large cruise ships. Avoid transportation that is prone to shaking and may cause dizziness or vomiting. Please remember to fasten your seatbelt when traveling by car or plane to ensure the safety of your abdomen. After boarding the plane, take note of the emergency exits and choose a spacious aisle seat for easy access to the restroom, as pregnant women tend to urinate frequently. Holding urine can easily cause urinary tract infections, which is harmful to both the pregnant woman and the fetus. It is best to get up and move around for 10 minutes every hour to reduce the chance of lower limb edema and venous thrombosis. Avoid riding motorcycles or speedboats. When hiking or walking, be careful not to overexert yourself. Everything should be done within your capabilities.

10)For travel activities, try to choose static activities such as visiting historical sites, museums, and art galleries. Scenic spots that are relaxing and pleasant are beneficial for prenatal education. Avoid crowded scenic spots where it is easy to catch a cold. Absolutely avoid strenuous or dangerous activities, as they can easily cause physical strain on pregnant women, leading to miscarriage, premature birth, and premature rupture of membranes. Do not participate in overly stimulating or dangerous activities such as bungee jumping, hang gliding, roller coasters, and free fall.

11) While pregnant women should avoid taking medication whenever possible, many common medications have been proven safe for both the mother and the fetus. These include acetaminophen for pain and fever relief, and antacids for gastrointestinal issues. If you are unsure about the safety of a medication, please consult your doctor. Other topical medications, such as iodine, pain relief ointments, bandages, and cooling balms, can be useful for upset stomachs, minor skin injuries, or insect bites.

12) If you feel tired during the trip, take a proper rest. If you experience any physical discomfort, such as vaginal bleeding, abdominal pain, bloating, or water breaking, stop traveling and seek medical attention immediately. Additionally, if you have symptoms such as a cold or fever, you should see a doctor as soon as possible. In short, do not ignore any physical changes and continue traveling to avoid irreversible tragedies. If you can pay attention to the above points, we believe that expectant mothers can successfully complete this trip. After returning home, please

report to your obstetrician as soon as possible for another checkup to confirm the health of both mother and fetus.

## 2、 Emergency Measures for Pregnant Women in Case of Accidents

While most pregnant women understand the importance of prioritizing their unborn child's well-being and exercising extra caution in their daily lives, occasional unexpected situations can arise, such as leg cramps, vaginal bleeding, early miscarriage, or animal bites. The primary first-aid measures for these situations are outlined below:

1) Cramps

To prevent leg cramps, avoid overexerting your leg muscles. Don't wear high heels; massage your legs and feet before bed; consume calcium and vitamin D-rich foods regularly; engage in outdoor activities and get some sun; and take calcium and vitamin D supplements if necessary. However, pregnant women should not use leg cramps as an indicator for calcium supplementation, as individual calcium deficiency tolerance varies. Some pregnant women may not experience leg cramps even when calcium deficient. If a cramp occurs, forcefully dorsiflex your toes or push your heels downward, hyperflexing your ankle joint and tightening your gastrocnemius muscle to quickly relieve the symptoms.

2) Animal bites

If bitten by an animal, pregnant women should immediately wash the wound thoroughly with soapy water, rinse it clean with fresh water, and repeatedly apply iodine. The wound should be kept open and not sutured. A rabies vaccine should be administered. For severe bites, rabies immunoglobulin should be injected before or at the same time as the rabies vaccine. Pregnant women bitten by animals should be taken to a hospital immediately.