



Have you put ICE in your mobile?

Storing 'ICE' along with a name and telephone number will enable the emergency services to quickly contact someone in the event of an accident.

Eight out of ten people in the UK carry no next of kin details yet 80% carry a mobile phone, most of whom have it on them all the time. The emergency services are now trained to check mobile phones for the ICE number. There is no simpler way of letting the emergency services know who to contact should you be involved in an accident than by using ICE.

Standing for In Case of Emergency, ICE will allow emergency service crews to quickly contact a nominated person who can be informed of the incident. You will need to think carefully about who you choose as your ICE partner particularly if that person has to give consent for emergency medical treatment.