

First aid



Finding a person

Principles

Keep calm and quiet Secure the accident scene **Remember** your own safety



Rescue person out of the hazard zone if necessary

Emergency call

Where did it happen? What happened? **How many casualties?** What kind of injuries? **Wait for queries!**





conscious

un-





Check respiration

clear respiratory tract, tilt the head back, lift the chin, look, listen and feel for movement and breath sounds

normal breathii

no normal breathing

Emergency call





someone fetch the AED*

first aider:

rescue coordination centre:

inhouse paramedics:

first aid material at:

first aid physicians:

nearest hospitals:

authorized medical consultant:

first aid room:



30 chest compressions

in turns place hands in the centre of the chest, compression depth 5 – 6 cm rate 100 – 120 per minute

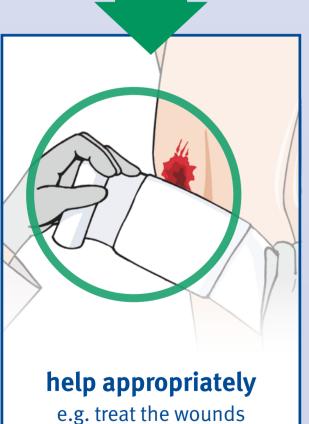


2 rescue breaths

blow steadily into the mouth or the nose for about 1 sec

with

conscious



Emergency call

continuously check consciousness and respiration

recovery position

learn to help - become a first aider



Info: www.dguv.de/fb-erstehilfe

Info: www.dguv.de/landesverbaende

Information about the training can be obtained from:

* if available, follow the directions of the "Automated External Defibrillator" (AED)