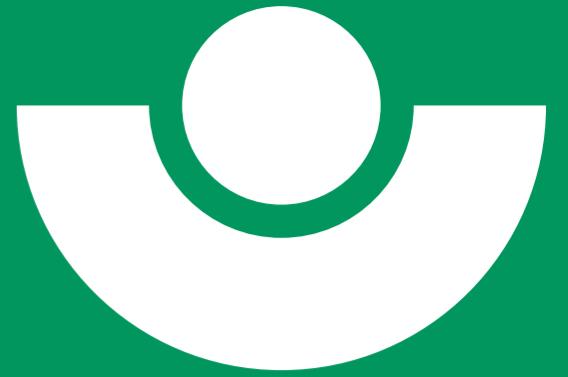




First aid



Finding a person

Principles

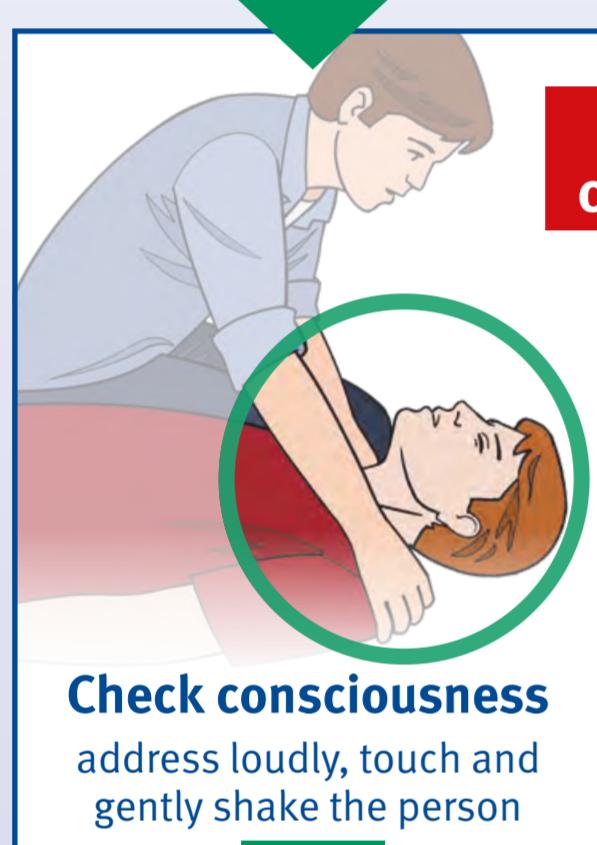
Keep calm and quiet
Secure the accident scene
Remember your own safety



Rescue person out of the hazard zone if necessary

Emergency call

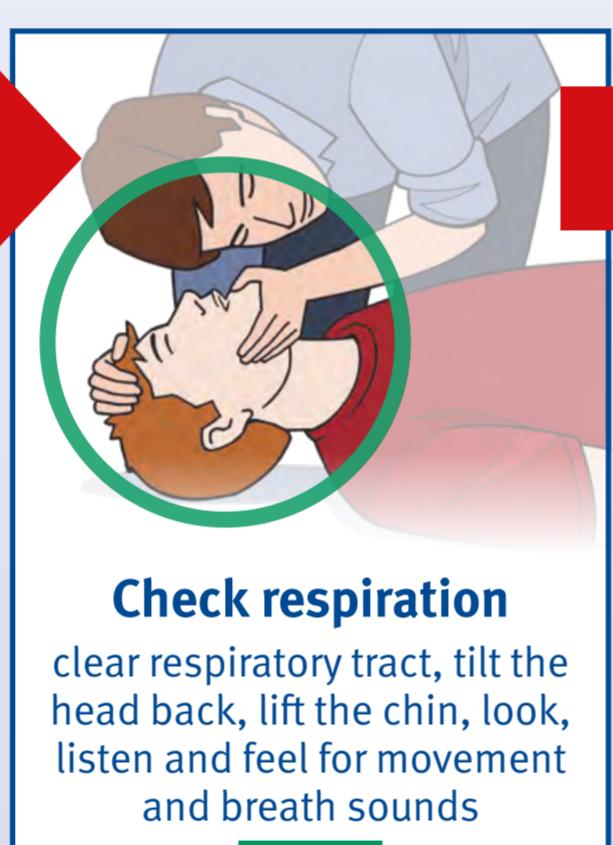
Where did it happen?
What happened?
How many casualties?
What kind of injuries?
Wait for queries!



Check consciousness
address loudly, touch and gently shake the person

un-conscious

call for help



Check respiration

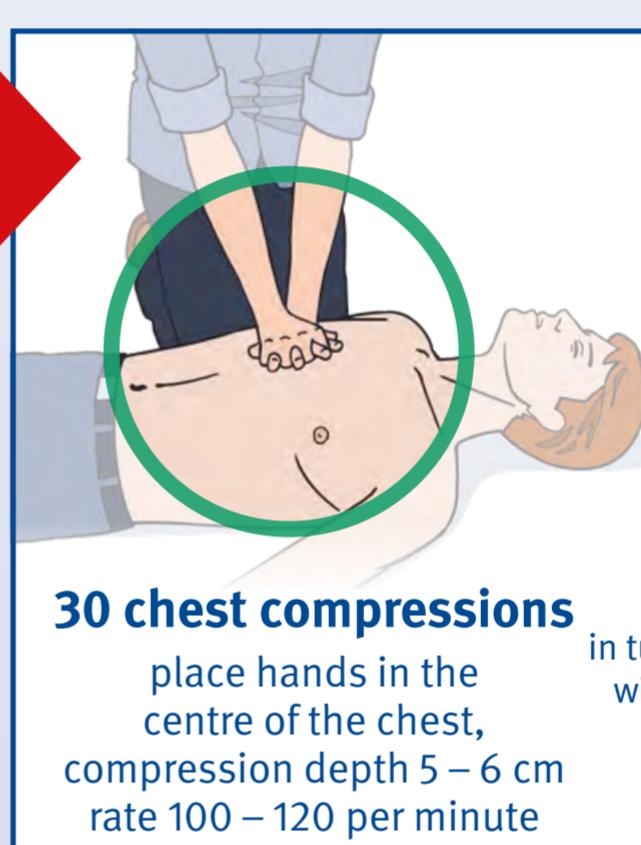
clear respiratory tract, tilt the head back, lift the chin, look, listen and feel for movement and breath sounds

no normal breathing

Emergency call



have someone fetch the AED*



30 chest compressions

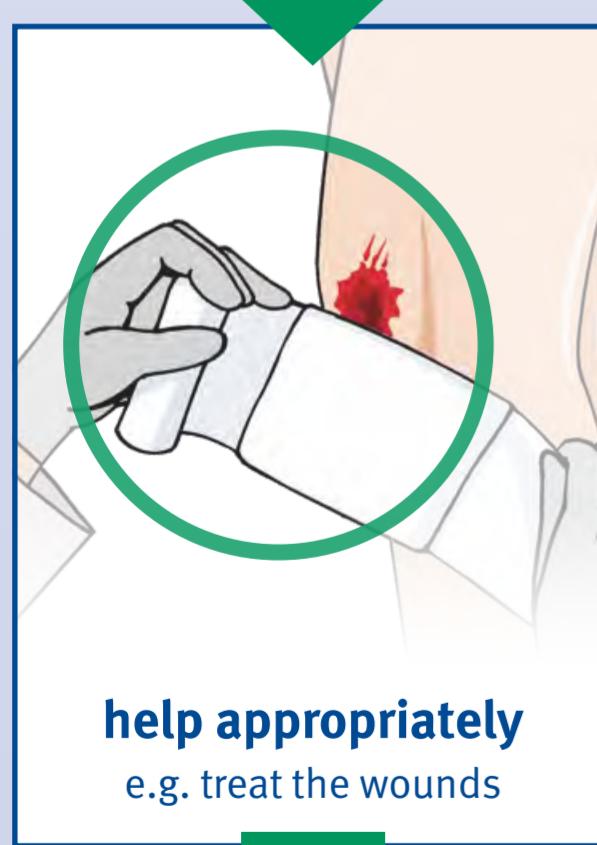
place hands in the centre of the chest, compression depth 5–6 cm rate 100–120 per minute

in turns with



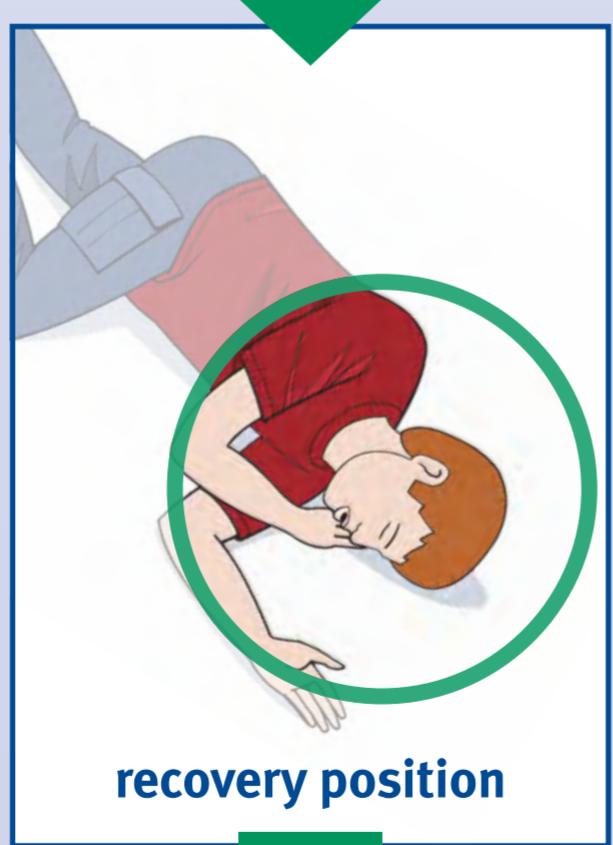
2 rescue breaths

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



help appropriately
e.g. treat the wounds

conscious



recovery position

normal breathing

rescue coordination center:

first aider:

inhouse paramedics:

first aid material at:

first aid room:

first aid physicians:

authorized medical consultant:

MHH Unfallchirurgie Carl-Neuberg-Str. 1, 30625 Hannover
Tel.: 0511/532-2050



Info: www.dguv.de/landesverbaende

nearest hospitals:



learn to help – become a first aider

Info: www.dguv.de/fb-erstehilfe

Information about the training can be obtained from:

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