



FIRST AID GUIDE

REMEMBER: FIRST AID IS EVERYONE'S RESPONSIBILITY

ASSESSING THE SITUATION

Do not panic. Check if the surroundings are safe. Try to find out what happened: why the person is injured? how can we prevent further injuries? If the surroundings are unsafe, try to eliminate any potential danger (depending on the situation: turn the power off at the mains, evacuate the victim, stop your car without obstructing traffic, warn oncoming traffic in order to prevent further accidents etc.).

ASSESSING THE VICTIM



Interview the victim and bystanders. Provide first aid, do not move the victim unless the situation is life-threatening. Wear disposable gloves to avoid direct contact with the victim's body fluids.

Do you suspect a spinal injury? Is the person bleeding? Check responsiveness and assess for breathing (tilt the head, lift the chin and try to detect victim's breath looking at the raising chest, hearing it or feeling the exhales on your cheek). Control the breathing around 10 seconds (enough for 2-3 breaths if the victim is breathing).

CALLING THE AMBULANCE



In case of a serious emergency, call the ambulance (112 or 999). Give details of the emergency, your name, phone number and location, inform the operator if the victim is conscious/breathing/bleeding, answer all the questions asked. If the place is not easily accessible, specify any advisable routes. Do not hang up first.

SPINAL INJURY

The most common cause of a spinal injury is an extreme force. It may happen in case of a car accident victim, when a person has fallen from a height, a heavy object has fallen across their back or they have had an injury to the head or face etc. Do not move the victim, support their head, neck and spine in a straight line, to prevent further damage.

THE VICTIM IS UNCONSCIOUS AND BREATHING => RECOVERY POSITION



If you do not suspect a spinal injury, the victim is unconscious and breathing, turn them into the recovery position. Maintain the airway. A pregnant woman should lie on the left side.

THE VICTIM IS NOT BREATHING => CARDIOPULMONARY RESUSCITATION (CPR)



The CPR consists of 30 chest compressions and 2 rescue breaths. When delivering chest compressions, push hard and fast 100-120 times a minute at the depth of 5-6 cm. If you do not have a CPR mask, you should deliver hands-only CPR that means uninterrupted chest compressions. Use AED (automated external defibrillator) if available, follow AED voice prompts. A CPR

procedure should be continued until breath is back, paramedics come or the rescuer is exhausted.

CHOKING

In case of mild airway obstruction, encourage the person to lean forward and cough. If it does not help but a person is conscious – make 5 back blows and 5 abdominal thrusts. Repeat it until the ambulance arrives. If the person becomes unresponsive, begin CPR procedure.

WOUNDS AND BLEEDINGS



In case of severe bleeding, apply RED procedure, where:

R – rest (seat the person),

E – elevate (raise the injured limb above the heart level),

D – direct pressure (place the pressure on the wound in order to stem the flow of blood).

Do not remove the object that is large or deeply embedded in the wound. In case of skin wound and mild bleeding, clean the wound with water and soap and place a sterile dressing.

BURNS



Thermal burns: Cool down the burns for a minimum of 10 minutes under cold running water (around 15°C). Do not remove damaged skin nor clothing.

Chemical burns: Immediately remove any clothing or jewelry contaminated by the chemical. Rinse the skin under the running water for 10 to 20 minutes (in case of an eye – 30 minutes).

BROKEN LIMB



If you suspect that a limb has been broken, do not change its position, even if it looks unusual. Place soft padding around the injured part and place something firm next to the injured part (long enough to go past the joints above and below the injury). In case of a broken arm, use a triangular bandage to make an arm sling.

OTHER EMERGENCY SITUATIONS

In case of any other emergency situations, you can dial 112 and ask for advice. Any doubts if there is an emergency? **It is better to be safe than sorry – dial 112.**

EMERGENCY NUMBERS:

COMMON EMERGENCY NUMBER	112
AMBULANCE	999
FIRE	998
POLICE	997