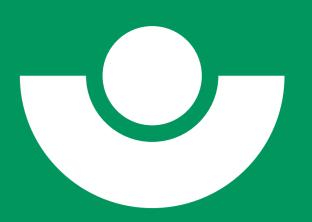


# First aid



## 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!** 





call

for

help

un-



**Check respiration** 

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

normal breathii



#### **Emergency** call





someone fetch the AED\*

first aider:

rescue coordination center::

inhouse paramedics:

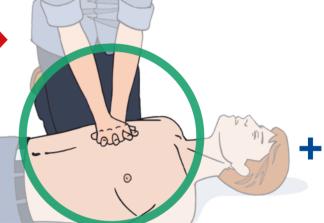
first aid material at:

first aid physicians:

nearest hospitals:

authorized medical consultant:

first aid room:



#### **30 chest compressions**

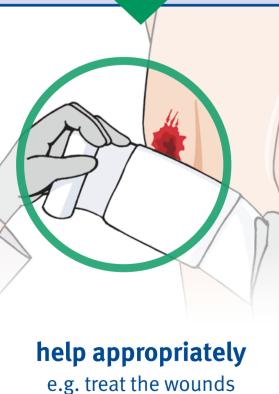
in turns place hands in the with centre of the chest, compression depth 5 – 6 cm rate 100 – 120 per minute



2 rescue breaths

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





**Emergency call** 

continuously check consciousness and respiration

recovery position

learn to help - become a first aider



Info: www.bg-qseh.de

Info: www.dguv.de/landesverbaende

Information about the training can be obtained from:

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