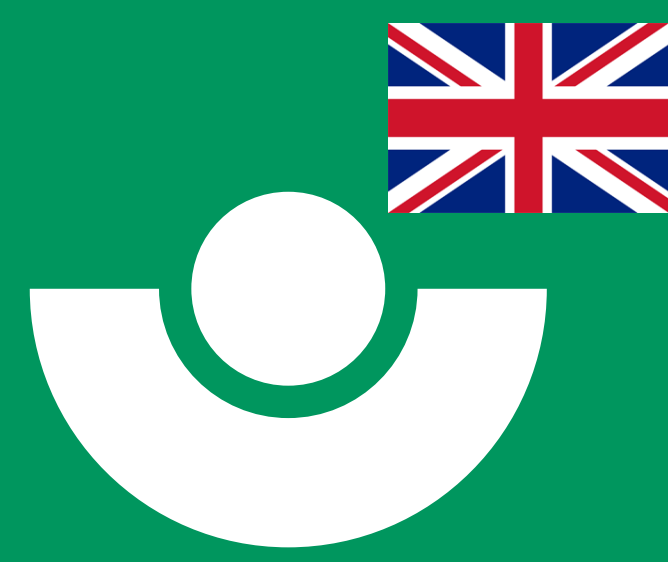


First aid



Finding a person

Principles

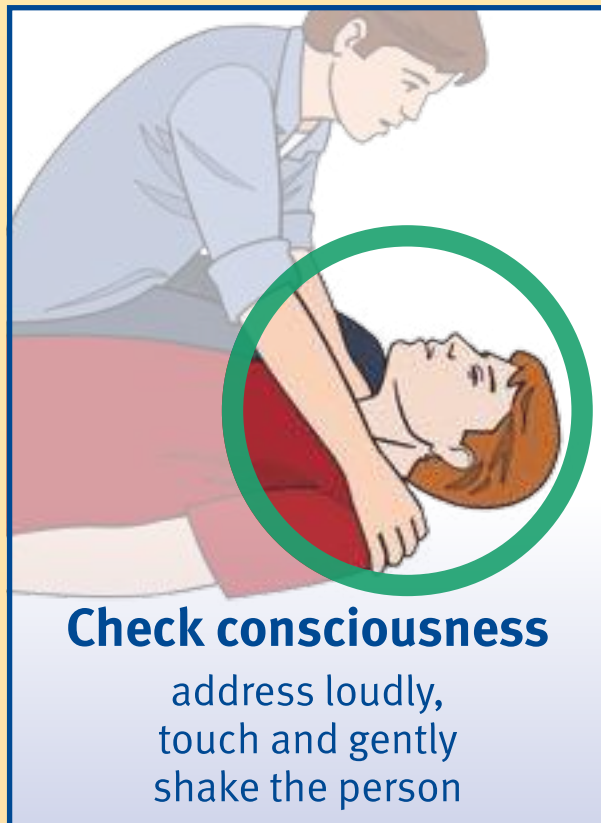
- **Keep calm** and quiet
- **Secure** the accident scene
- **Remember** your own safety



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!

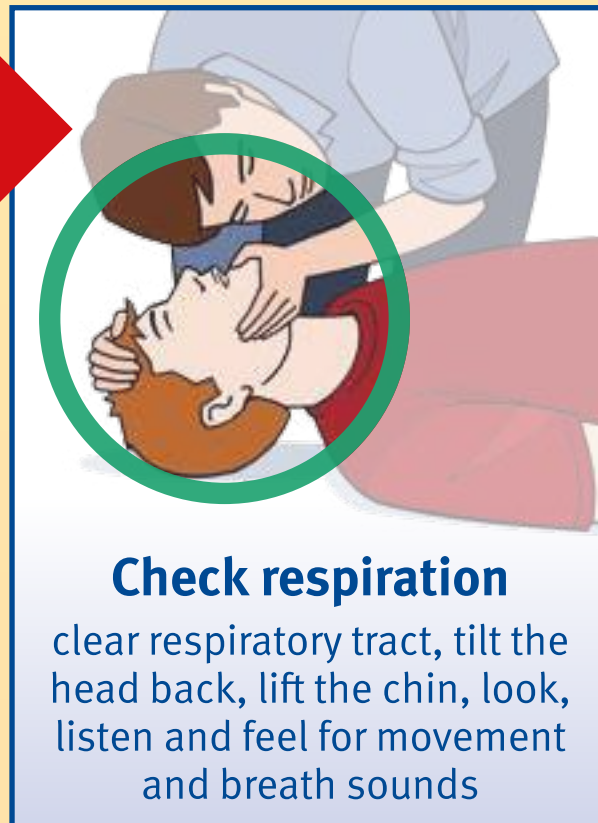


Check consciousness

address loudly, touch and gently shake the person

un-conscious

call for help



Check respiration

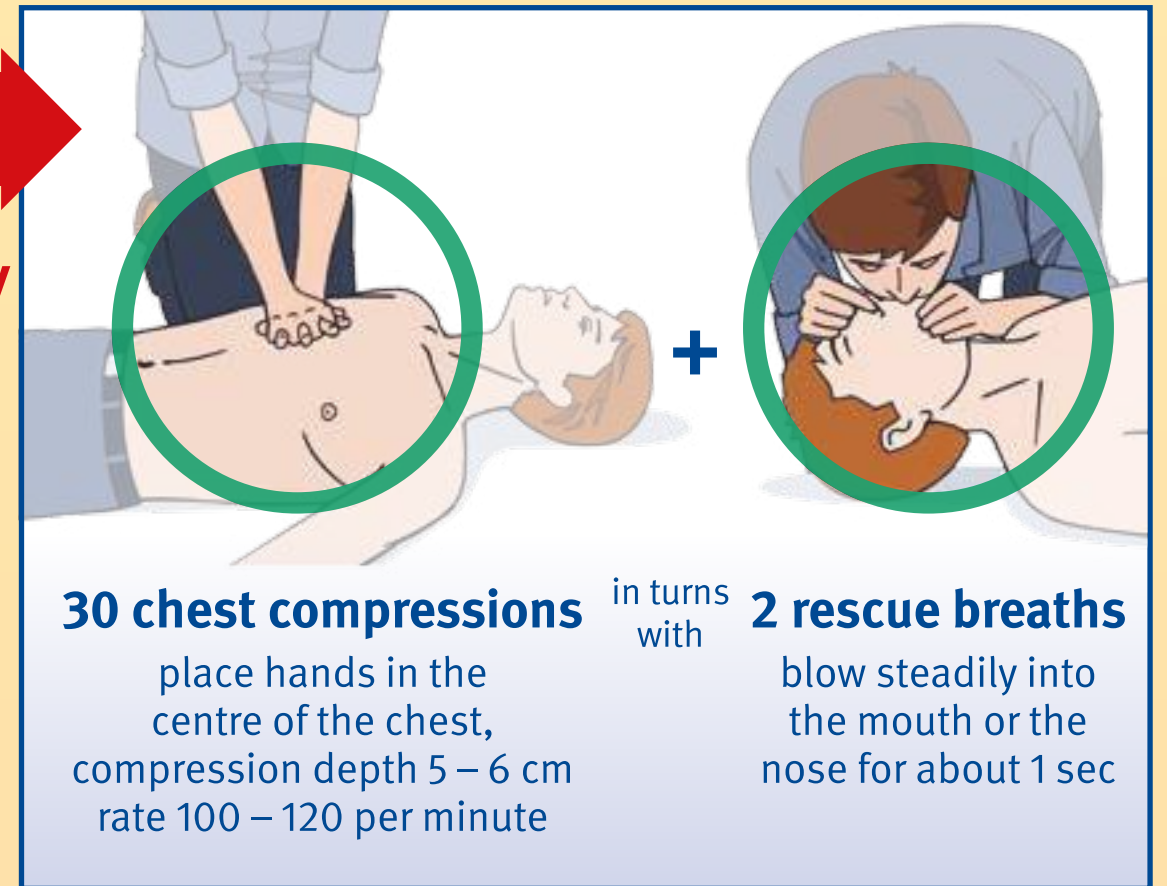
clear respiratory tract, tilt the head back, lift the chin, look, listen and feel for movement and breath sounds

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

conscious

normal breathing



help appropriately

e.g. treat the wounds



recovery position



Emergency call

continuously check consciousness and respiration

rescue coordination center:
first aider:
inhouse paramedics:
first aid material at:
first aid room:
first aid physicians:
authorized medical consultant: Info: www.dguv.de/landesverbaende
authorized hospitals:

learn to help – become a first aider

Info: www.dguv.de/fb-ersthilfe

Information about the training can be obtained from:

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