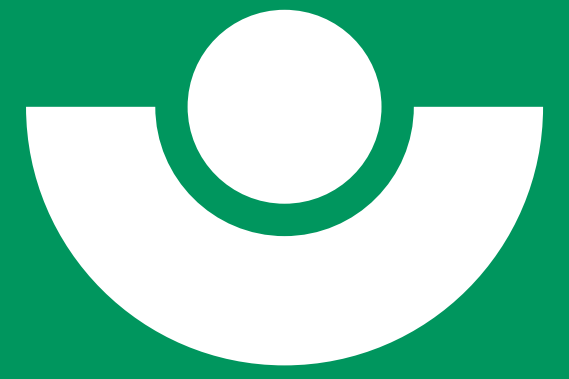




# First aid



## Finding a person

### Principles

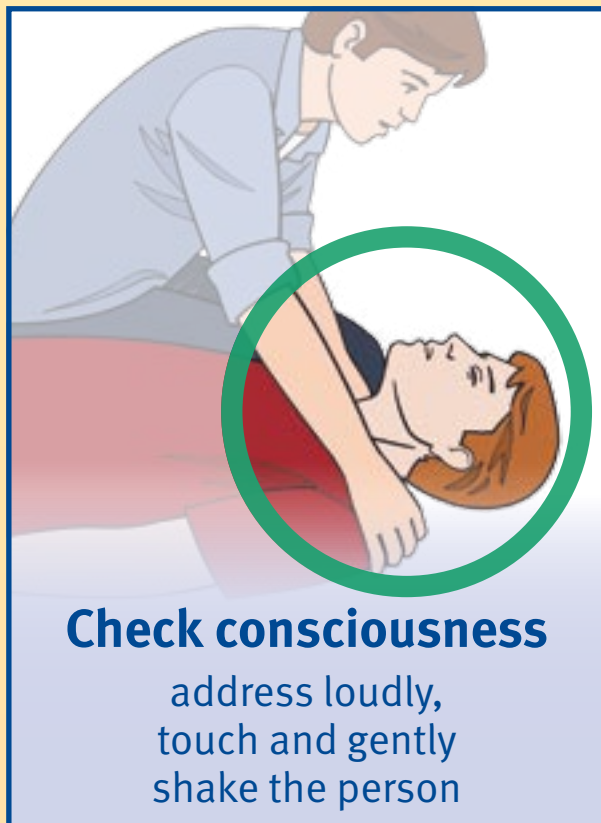
- **Keep calm** and quiet
- **Secure** the accident scene
- **Remember** your own safety



Rescue person out of the hazard zone if necessary

### Emergency call

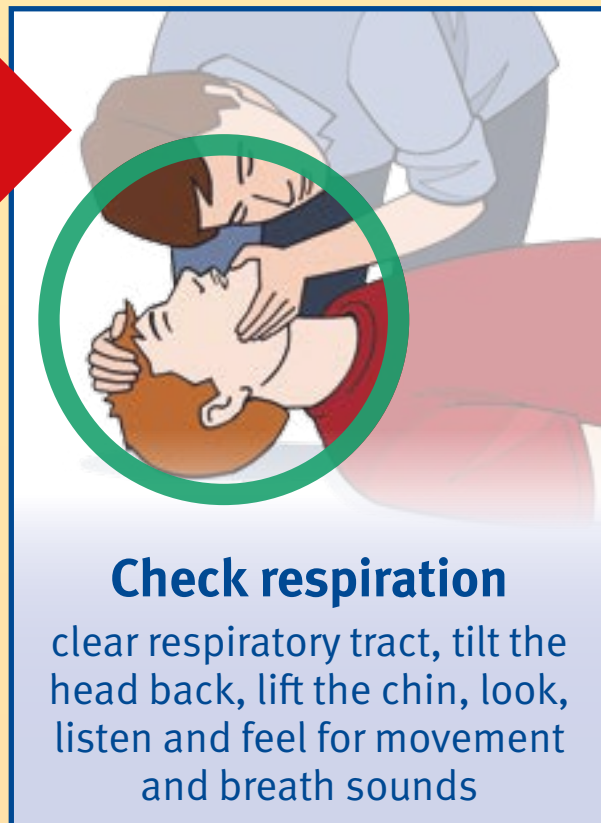
- **Where** did it happen?
- **What** happened?
- **How many** casualties?
- **What kind** of injuries?
- **Wait** for queries!



**Check consciousness**  
address loudly, touch and gently shake the person

un-conscious

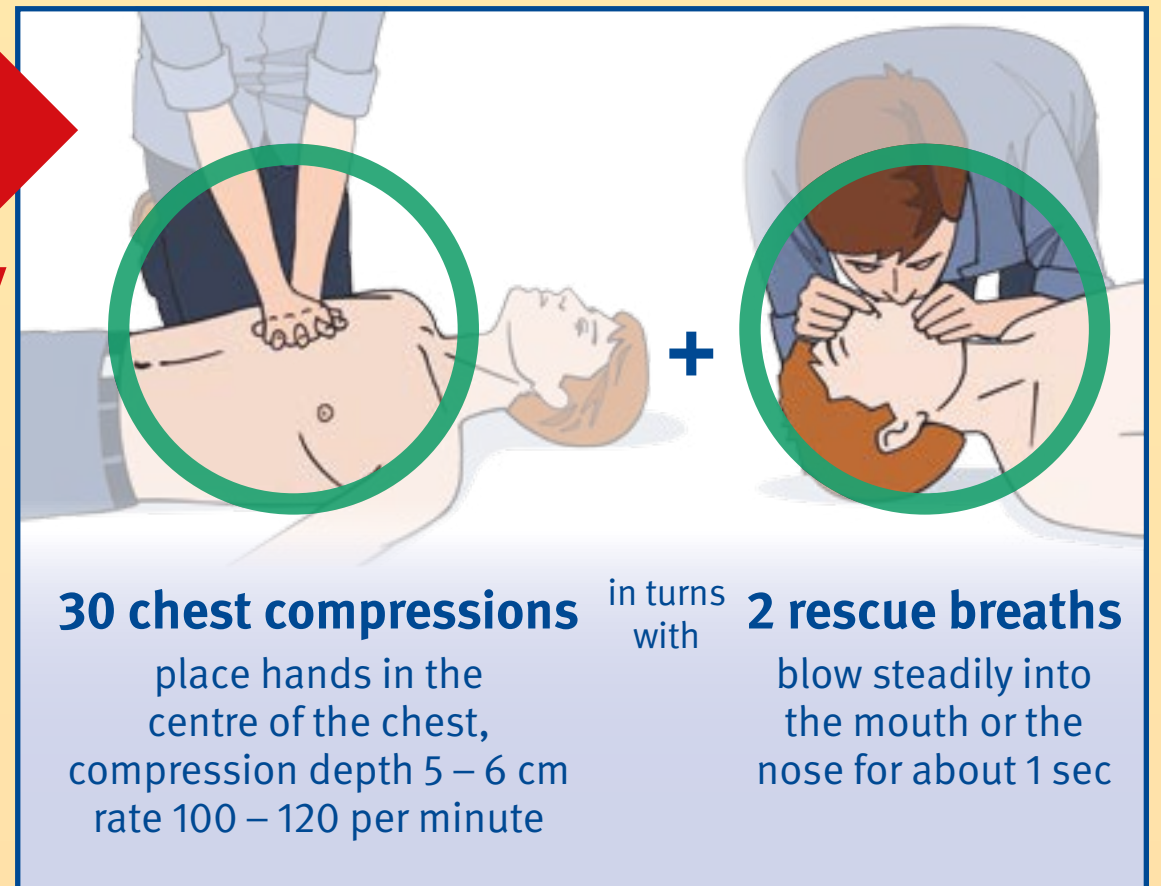
call for help



**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** in turns with **2 rescue breaths**  
place hands in the centre of the chest, compression depth 5 – 6 cm rate 100 – 120 per minute  
blow steadily into the mouth or the nose for about 1 sec

conscious

normal breathing



**help appropriately**  
e.g. treat the wounds



Emergency call



**recovery position**

rescue coordination center:
first aider:
inhouse paramedics:
first aid material at:
first aid room:
first aid physicians:
authorized medical consultant: Info: <a href="http://www.dguv.de/landesverbaende">www.dguv.de/landesverbaende</a>
authorized hospitals:

**learn to help – become a first aider**

Info: [www.dguv.de/fb-ersthilfe](http://www.dguv.de/fb-ersthilfe)

Information about the training can be obtained from:

continuously check consciousness and respiration

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