

# 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!** 





conscious

un-

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

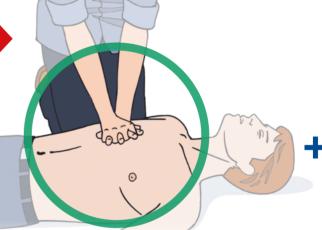




someone fetch the AED\*

first aider:

first aid room:



#### **30 chest compressions**

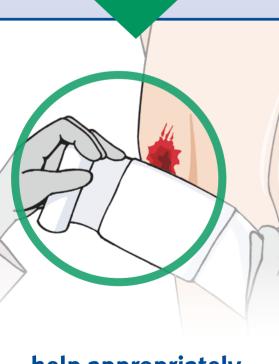
in turns place hands in the centre of the chest, compression depth 5 – 6 cm rate 100 – 120 per minute



#### 2 rescue breaths

blow steadily into the mouth or the

conscious

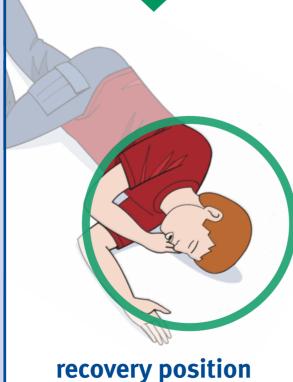


help appropriately e.g. treat the wounds

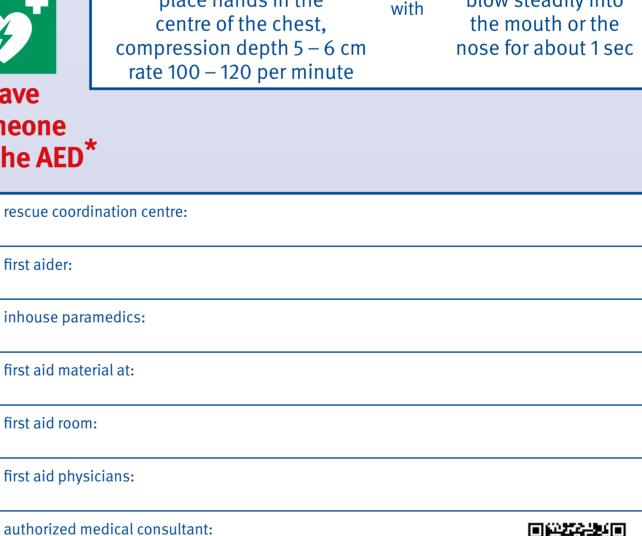
**Emergency call** 

continuously check consciousness and respiration

normal breathii



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)