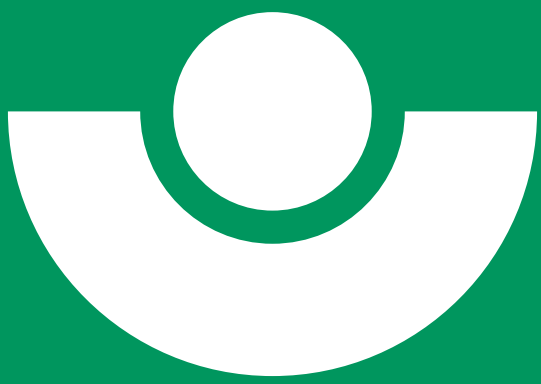




First aid



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

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

2 rescue breaths
in turns with
blow steadily into the mouth or the nose for about 1 sec

conscious

help appropriately
e.g. treat the wounds




normal breathing

recovery position



Emergency call

continuously check consciousness and respiration

first aider:		
first aider:		
first aider:		
first aider:		
authorised medical consultants:		
		
Gießen	Groß-Gerau, Rauischholzhausen, Villmar - Gladbacherhof	Künanzhaus Schotten

learn to help – become a first aider

registration for training: Ersthelfer@uni-giessen.de

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