



First Aid Immediate Action

If an accident occurs, what would you do?

Check your own safety! You are of no use if you become a second casualty. Use protective clothing and equipment where necessary. Casualties should be seated or reclined when being treated, as appropriate.

Keep calm - assess the situation - reassure the casualty

Speaking calmly to the casualty establishes consciousness and may provide useful information about the accident and assist in eliminating continuing danger.

If immediate danger threatens, remove the casualty carefully to a safe place without endangering yourself.

If the person's clothing is on fire, roll the casualty on the ground in a coat or fire blanket, etc.

Get help at once if the injuries appear serious by summoning a qualified First Aider. Delegate a person nearby to call an ambulance, if one is required, by dialling 2222 on any telephone connected to the 650/1 network. Otherwise follow the instructions on the telephone dial.

First Aid First Priorities

Breathing

- If the casualty is not breathing, start mouth-to-mouth respiration at once (see method below). The first minutes are vital.

Bleeding

- If bleeding is severe, apply firm direct pressure on the wound to stop the bleeding, using hands, pads, dressings, etc. Maintain pressure until professional help is available.
- If the bleeding is from a limb, elevate it 10" to 12" to reduce the blood flow.
- **Do NOT use a tourniquet.**