

MEDICAL AID

Saving lives in an instant

Calm	Remain calm in every situation
Safety	Keep yourself, the victim, and bystanders safe
Spinal injury	Do not move the victim Do immobilise the head
Vital functions	Check for consciousness, breathing, heartbeat
Bleeding	Pressure and elevation
Burns	Hold under cool, running water
Emergencies	Call 112

Emergency numbers

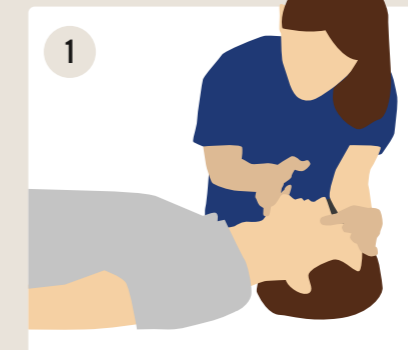
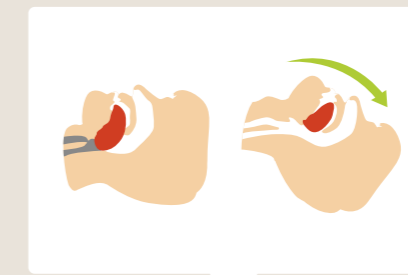
European emergency number Medical emergency services Fire brigade 112	Burns centre 02 268 62 00
Poison control 070 245 245	Police 101

Basic CPR for adults

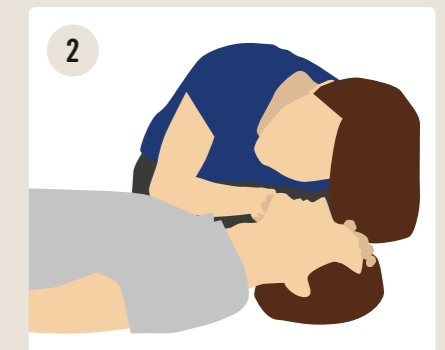


Talk to the victim and gently shake the victim's shoulders.

IF responsive **IF NOT responsive**



1 Gently tilt the head backwards to open the airways.



2 Check the victim for breathing: watch, listen and feel.

Breathing?



Reassure the victim and place him or her in the recovery position. Constantly monitor breathing.

CALL 112

Send someone to get an AED if available. Switch on the AED and immediately follow the verbal instructions provided.

- **Victim is conscious?** (moves, opens eyes and starts breathing normally)
 - > End CPR process.
 - > Place him or her in the recovery position.
- **Victim is not responsive?**
 - > Continue CPR until the emergency services arrive and take over.

CALL 112



2 Give 2 rescue breaths and repeat the procedure (steps 1 and 2).



1 Immediately perform 30 chest compressions. Press down on the sternum to a depth of 5-6 cm at a rate of 100/min.