

First Aid *Instructions*

What to do in the event of an accident

ENGLISH



WERKSTEIN

Important notice for first aid

1. Emergency control centre (emergency call):

2. First responder:

3. Paramedics:

4. First aid material:

5. Ambulance room:

6. Doctors for first aid:

7. Hospitals:

8. Training with/at:

FIRST AID INSTRUCTIONS:

What to do in the event of an accident

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Basic principles when finding an injured person

- 1 Ensure your own safety first.
- 2 Keep calm.
- 3 Report the accident to the emergency services.



Emergency call

112 or **999**

GERMANY UK

ACCIDENT REPORT:

Who? *Tell your name.*

Where? *Provide details of the location of the accident.*

What? *Describe the accident.*

How many are injured? *Provide the number of injured people.*

Which injuries/illnesses? *Describe the injuries/illnesses.*

Wait for questions! *Do not hang up until you are sure the operator has no more questions.*



IMMEDIATE LIFE-SAVING MEASURES:

The most important steps to save life

Unconsciousness



Immediately check their **vitals**, tilt their head back and lift their chin to see if the person is breathing normally.



Check for **foreign objects** in the injured's mouth and remove them.



If you find no signs of normal breathing, begin CPR and make an emergency call immediately.

NORMAL BREATHING?

If breathing is normal, place the injured person in the recovery position and make an emergency call!



Recovery position
(see section 2.2)

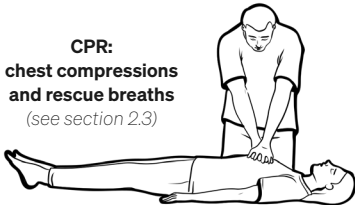


NO NORMAL BREATHING?

The injured probably suffers a cardiac arrest. Start resuscitation immediately and make an emergency call!



CPR:
chest compressions and rescue breaths
(see section 2.3)



Recovery position



1

Position the unconscious person on a flat surface.



2

Grab the near arm of the unconscious and raise it up. The palm faces up.



3

Place the opposite hand palm-down under the cheek facing you and hold it there.



4

With your free hand, pull the unconscious's far leg toward you to lay the body to one side. The leg should be at a right angle to the hip.



5

Now, bend their head back and open their mouth to clear up their airway.



6

Cover the unconscious with a rescue blanket.

7 Constantly check the unconscious person's breathing and make sure their head remains in a balanced position.



112 or 999

Dial the emergency number, stay with the unconscious, and continuously monitor their breathing until medical help arrives.

Chest compressions and rescue breaths

CPR is a life-saving measure used for people in cardiac arrest.

→ IF BREATHING IS ABSENT OR ABNORMAL



1 Make sure the airway is clear and there are no foreign objects blocking it.



3 Place a hand on their forehead and gently push their head back to open up their airway.



5 Place the heel of your second hand over it and push down on the chest vertically for about 5 cm.

2 Lay the person on their back on the floor and open their mouth.

4 Bare the victim's chest and place the heel of your hand in the center of the lower half of the breastbone.



Perform these chest compressions 30 times (at a frequency of 100–120 times per minute), and then alternate with 2 rescue breaths.

**If you have a defibrillator (AED), use it and follow the device's instructions.*

**Do this until breathing begins or help arrives.*



MOUTH-TO-MOUTH RESUSCITATION

- 1 Pinch the victim's nose. Alternatively, use a resuscitator mask for mouth-to-mouth resuscitation.
- 2 Take a deep breath and slowly and forcefully blow air into the unconscious person's mouth until the chest visibly rises.
- 3 Wait a few seconds and let their chest drop again.



MOUTH-TO-NOSE RESUSCITATION

- 1 Cover the victim's mouth.
- 2 Take a deep breath and slowly and forcefully blow air into the unconscious person's nose until the chest visibly rises.
- 3 Wait a few seconds and let their chest drop again.



Continue with 30 chest compressions and 2 rescue breaths until breathing restarts or help arrives.

Pressure bandage and wound care



PROTECT YOURSELF:
put on disposable gloves!



HEAVY BLEEDING

1. Lay the person down.
2. Immediately press a clean cloth over the wound and make an emergency call.
3. Then apply a pressure bandage with two bandage packets:



Place the wound dressing of the bandage packet on the wound and fix it with two layers.



Position the second packet's dressing tightly on top to apply pressure and fix it with circular layers until the bleeding stops.

OTHER INJURIES AND BLEEDING

1. Lay the person down.
2. Use a sterile wound dressing to treat the wound aseptically.
3. Fasten the wound dressing with fixation bandages or adhesive plasters.



Patient Positioning



PROTECT THE INJURED
against heat loss by wrapping them in a rescue blanket.

→ **IN THE CASE OF ABDOMINAL INJURIES:**

position them with bent legs to relieve the abdominal wall.



→ **IN THE EVENT OF A HEART ATTACK OR SHORTNESS OF BREATH**

(conscious person):
position them with their upper body elevated.





EMERGENCY PROCEDURES:

Serious injury or accident

Shock

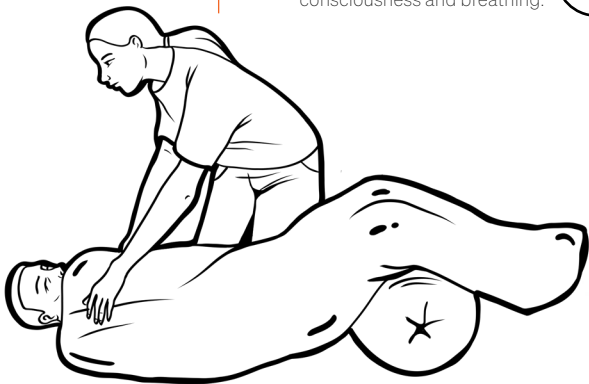
Possible triggers: pain, extreme mental stress, blood loss.

SIGNS:

- Cold, pale skin
- Sweat on the forehead
- Freezing and trembling
- Weak pulse

MEASURES:

1. Provide a calm environment.
2. Cover them with a rescue blanket.
3. Stop any bleeding (if necessary).
4. Bring them into a shock position: raise their legs.
5. Constantly monitor their consciousness and breathing.



 **112 or 999**

Dial the emergency number and take good care of the affected until emergency services arrive.

Bone fractures

SIGNS:

- Often severe pain
- Swelling and bruising
- Taking a protective stance
- Loss of function of the affected body part
- Limited mobility or abnormal position

MEASURES:

1. Immobilize the injured in their current position.
2. Do not move the fractured area.
3. If you suspect a spinal injury, do not change their position (if possible).
4. Cover open wounds with sterile bandages.
5. Cool joints.



 **112 or 999**

Seek immediate
medical attention.

Chemical burns

SIGNS:

- Skin discoloration, for example whitish or gray patches
- Pain in the affected area
- Swelling or blistering
- Destruction or dissolution of tissue
- Burning or itching



IMPORTANT:

Act quickly and provide first aid.

Pay attention and protect yourself by wearing protective gloves and a face mask.

Inform the operator during the emergency call.

Do not induce vomiting.

MEASURES:

Skin

1. Remove corroded clothing.
2. Rinse skin with plenty of water.
3. Treat wounds sterily.

Eyes

1. Rinse thoroughly with plenty of water.
2. Remove solids mechanically. If necessary, use a damp cloth.
3. Put on a sterile protective bandage.

If swallowed

1. Rinse mouth thoroughly several times.
2. Give water in small sips.

Burns



- 1** Immediately extinguish any fire or burning on the person!



- 2** Remove hot clothing immediately.



- 3** Cool affected areas with running water until the pain subsides.



- 4** Cover wounds sterily with burn dressings.



- 5** Protect the injured person against heat loss using a rescue blanket.

Electrical injuries



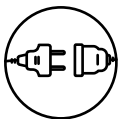
PROTECT YOURSELF

Before any rescue attempts, ensure that there is no longer any electrical voltage!

SIGNS:

- Loss of consciousness or drowsiness
- Respiratory and cardiac arrest
- Burns at the entry and exit points of the current
- Muscle cramps or paralysis
- Burnt smell or burn marks

MEASURES:



For low voltages (maximum of 1000 volts):

1. Interrupt the power source, e.g. switch off the device or pull out the plug.
2. Make an emergency call and report an "electrical accident".

For high (over 1000 volts) or unknown voltages:

1. Stay safe and keep a distance of 5 m from the victim.
2. Make an emergency call and report an "electrical accident".
3. If possible, switch off the power source and disconnect the affected person from the power supply.

If it is not possible, attempt to disconnect the affected person from the circuit without electrocuting yourself. For example, use an insulated object such as a wooden stick or plastic tube.

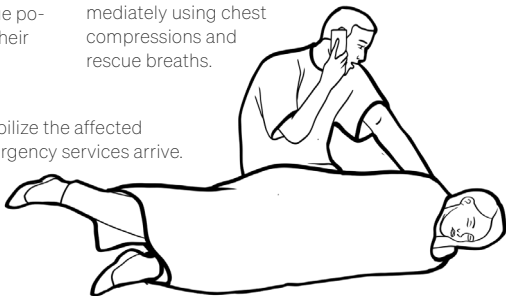
4. Request help from qualified personnel.



FIRST AID MEASURES FOR EVERY ELECTRICAL ACCIDENT:
(Only to be used after the electric current has been interrupted)



- 1 Check for consciousness and breathing. Put an unconscious person in a rescue position and keep their airway clear.
- 2 In the event of respiratory and cardiac arrest, start CPR immediately using chest compressions and rescue breaths.
- 3 Treat injuries and burns.
- 4 Observe and stabilize the affected person until emergency services arrive.



Documentation of first aid applications

The documentation of first aid services should be kept for at least five years and contain the following information.

REPORT ON THE CAUSE OF THE ACCIDENT AND THE INJURED PERSON



1. Name of the injured person _____
2. Date and time _____
3. Department and work area _____
4. Name of witness _____
5. Nature and extent of the injury _____
6. Nature and extent of disease _____
7. Course of events _____













FIRST AID MEASURES



1. Name of first responder _____
2. Date and time _____
3. Type and manner of the measure _____
4. First aid material used / removed _____

List of content of the first aid kit according to DIN13157



	6 x	6 x	6 x	12 x
	Fingertip dressings	Fingertip dressings 12,0 x 2,0 cm	Fingertip dressings 1,9 x 7,2 cm	Plaster strip 2,5 x 7,2 cm
	1x	Adhesive plaster tape		1x First aid blanket
	12x	Adhesive dressings		2x Gauze fixing bandages, FB 6
	1x	First aid dressings, sterile, K		2x Gauze fixing bandages, FB 8
	3x	First aid dressings, sterile, M		2x Triangular bandages
	1x	First aid dressings, sterile, G		1x Scissor
	1x	Sterile compress (burn dressings)		2x Foil bags
	3x	Sterile wound dressings (compress)		5x Non-woven cloth
	2x	Eye compresses		1x Disposable gloves PVC
	1x	Instant ice pack		4x Cleaning wipes
				2x Disposable medical mask
				1x First aid kit instructions

This content is intended to enable professional first aid at the scene of an accident and is designed for administrative and commercial businesses up to 50 people, manufacturing and processing businesses up to 20 people, construction sites up to 10 people.

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WERKSTEIN



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