

# FIRST AID INSTRUCTION CARD

www.prevent.cz, www.instructor.cz

1. Find out what has happened!
2. Call for help!
3. Take care of your own safety!



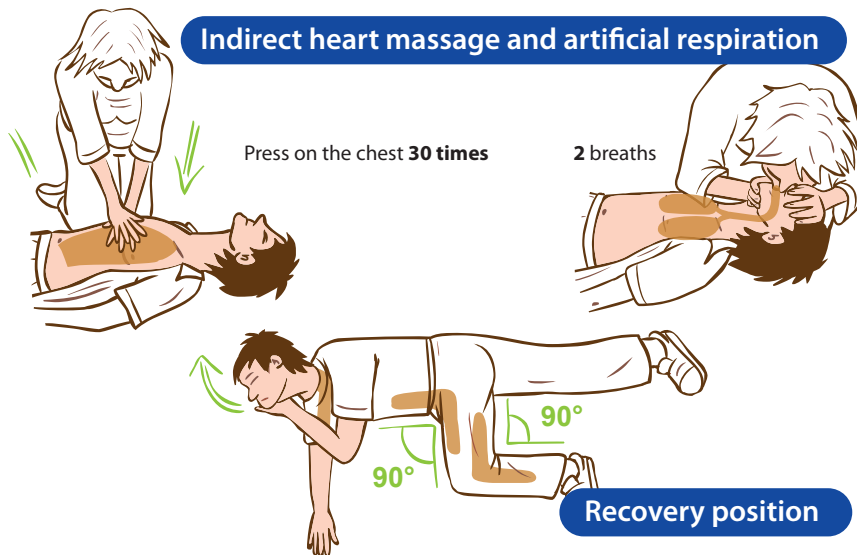
## Stop massive bleeding

Press the point above the wound or in the wound. Lift the injured limb above the level of the heart.



## Unblock air passages

Tilt the head back, stick out the lower jaw, and open the mouth.



## BLEEDING

Press the point above the wound or directly in the wound; lay the casualty down and lift the injured limb above the level of the heart. Apply a sterile bandage to the wound. Do not remove larger objects from the wound. If the bandage is leaking, add one more layer (do not remove the bandage).

## UNCONSCIOUSNESS

Check respiratory and circulatory functions. Put the casualty in the recovery position. In the event of apnoea or blood circulation arrest unblock the air passages, start to press the centre of the chest a hundred times per minute, and follow up with mouth-to-mouth respiration. Keep the proportion of the frequency of pressing the chest and breaths at 30 : 2. If, for any reasons, you are not able to manage mouth-to-mouth resuscitation, try pressing the centre of the chest. You may at least save the life of the casualty.

## SHOCK

Maintain verbal contact with the casualty; prevent loss of blood; keep the casualty warm; do not provide any drinks. Put the casualty down in the anti-shock body position on his/her back; the lower extremities should be lifted approx. 40 cm above the surface the casualty is lying on.

## SPINAL INJURY

Do not move the casualty unless necessary. Check respiratory and circulatory functions. In the event of apnoea or blood circulation arrest start indirect heart massage and mouth-to-mouth resuscitation immediately.

## ABDOMINAL INJURY

Cover the injury with a sterile bandage. Do not remove any objects from the wound. Do not provide any drinks to the casualty! Continue in the same way as in the procedure for "SHOCK".

## HEAD INJURY

Do not move the head of the casualty. In the event of bleeding from the nose sit the casualty up and lean them slightly forward. In the event of bleeding from the ears, put the casualty in a semi-sitting position with his/her head tilted down towards the injured side, to allow the blood to flow out from the ear freely.

## FRACTURES

Do not move the fractured limb and do not try to rectify it! Make the broken bones immobile with splints (the joint above and under the fracture). An open injury should be covered with a sterile bandage.

## ELECTRICAL INJURY

Switch the electrical source off or cut the contact between the casualty and the electric current off in some other safe way! If the casualty loses consciousness continue in the same way as in the procedure for "UNCONSCIOUSNESS".

## BURNS

Eliminate further impact of heat. Cool down the burnt place with cold water for at least 10 minutes. Cover the burnt place with sterile material; do not pierce blisters; do not remove cloth that is burnt on. Continue in the same way as in the procedure for "SHOCK".

Fire brigade **150** Ambulance **155** Police **158** Integrated rescue system **112**