



FIRST AID CARD

Find out what happened. Call for help. Look after your own safety.

Stop massive bleeding

press on a point right above the wound or in it
raise the affected limb above the height of the heart



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Clear the airway

tilt the victim's head
move their lower jaw and open the mouth



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Indirect heart massage and mouth-to-mouth resuscitation

Blow in 2 breaths

30 chest compressions

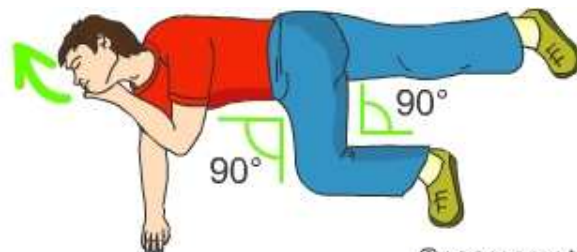


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Stabilization



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Fire emergency

150

Medical emergency

155

Police

158

European emergency phone number

112



BLEEDING

Apply pressure on a point above the wound or directly in it, place the victim in a horizontal position and elevate the wounded limb above the height of the heart. Place a sterilised bandage on the wound. Do not remove major items from the wound. If blood keeps soaking through, add another layer of bandage (but do not remove the first one).

UNCONSCIOUSNESS

Check respiration and blood circulation. Stabilize the victim.

If the victim is not breathing and if you cannot sense their blood circulation, start indirect heart massage and mouth-to-mouth resuscitation. Blow in two breaths and check the chest movements. Start an indirect heart massage and maintain a compression-ventilation ratio of 30:2.

SHOCK

Maintain verbal contact with the victim, prevent them from losing blood, make sure they are warm, do not administer medicines and drinks. Place the victim in an anti-shock position on their back with legs elevated to roughly 40 cm above the floor.

BACKBONE INJURIES

If it is not necessary to do so, do not move the victim. Check respiration and blood circulation. If the victim is not breathing and if you cannot sense their blood circulation, start indirect heart massage and mouth-to-mouth resuscitation.

ABDOMINAL INJURIES

Cover the wound with a sterilised bandage. Do not remove any items from the wound. Do not administer any drinks. Follow the procedure described in "SHOCK".

HEAD INJURIES

Do not move the head of the victim. If their nose is bleeding, sit them up and lean them slightly forwards. If they are bleeding from the ear, move them into a half-sitting position with the head inclining downwards where the wound is so that blood can flow out of the ear unobstructed.

FRACTURES

Do not move the broken limb and do not try to put it into the correct position. Immobilize the broken bones with splints (the joint above and under the fracture). If the fracture is open, cover it with a sterilised bandage.

ELECTRIC SHOCKS

Switch off the electricity or find another safe way to break the contact of the victim with electricity. If they have lost consciousness, follow the procedure described in "UNCONSCIOUSNESS".

BURNS

Remove the source of heat. Apply cold water to the area of the burns for at least 10 minutes. Cover the area of the burns with a sterilised bandage, do not puncture blisters and do not remove any burned substances that adhere to the wound. Follow the procedure described in "SHOCK".