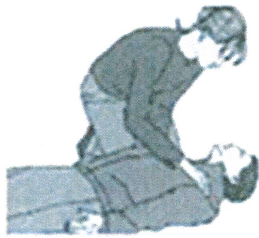


FIRST AID GUIDELINES AT LOWER SILESIA VOIVODESHIP OFFICE

General guidelines

Find out what happened and recognize the causative factor of the event. It will allow you to acknowledge and avoid the dangers at the scene. If possible, interview the victim, assess visible injuries, call for help and provide first aid. Remember that one victim may have several problems at the same time.



Risk elimination

Always wear personal protective equipment. Wear at least one pair of gloves. If necessary, eliminate possible hazards, eg.: turn off the power, evacuate the victim from the scene (if it is impossible to provide first aid at the place where they have been found) etc.



Alerting emergency services

Call for help immediately for any serious accident. Provide information such as whether the victim is conscious, breathing and what the nature of the accident is and about possible obstacles on the way to the victim/scene. If possible send someone to help navigate the services to a hard-to-reach accident site.

Emergency numbers: 112 or 999

Assessment of the victim's condition

For each victim, at a minimum, assess whether they have a suspected spinal injury, are conscious, have a patent airway, are breathing, or are a victim of severe bleeding.

Unconscious victim

If breathing, place the unconscious person on their side. Pregnant woman place on her left side.



Suspected spinal injury

Assess whether a large force is acting on the victim; if so, treat the victim as a person with a spinal injury. As long as the victim is breathing, leave them in the position in which they were found. Stabilize the victim's head relative to the torso with your hands.

Lack of breath

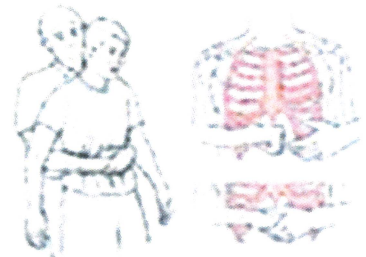
If the victim is not breathing, perform chest compressions (100-120 compressions per minute). If you decide to perform breaths as well, give 30 compressions followed by 2 breaths.

If possible send someone to bring the automated external defibrillator (AED) and use it on the victim.



Choking

Encourage the person who is coughing vigorously to bend over and observe. A person who cannot cough strongly should be hit firmly between the shoulder blades five times in a bent position. If no improvement, perform five abdominal thrusts (in and upwards in the belly button area). If the first series does not help, call an ambulance, and continue the cycle of hits and thrusts.



Cuts

Wash the cut with soap and water. The cut can also be disinfected with a product suitable for contact with damaged skin and mucous membranes (eg. hydrogen peroxide). After drying, cover with an adhesive dressing.



Wounds

Assess whether blood is leaking from the wound sparsely, in drips, or if there is severe bleeding. Cover the non-hemorrhaging wound with a sterile gauze pad, which should be secured with a bandage or adhesive tape. Stop the severe bleeding with a compression bandage.

Burns

Cool for at least several minutes with cool running water. If necessary, apply a sterile, loose dressing.

Limb fracture

Stabilize the limb in all cases of suspected fracture. If you can, place a sling from a triangular bandage on the upper limb. Stabilize the leg with, for instance, a blanket in the position found after the injury. Stabilization of the limb is also indicated in other major injuries, e.g. extensive lacerations.



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