

FIRST AID CARD

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ENSURE SAFETY

Ensure your own safety and the safety of the casualty.

STOP MASSIVE BLEEDING

Press the point and apply immediate pressure directly in the wound.

CALL RESCUE SERVICE 155

The casualty doesn't respond.

UNBLOCK AIR PASSAGES

Turn the casualty on his/her back, tilt the head back, push out the lower jaw and open the mouth.

The casualty doesn't breathe at all or abnormally (gasps for breath – takes a breath at times)?

RESUSCITATE

Press the centre of the chest. 100 times per minute, approx. 5 cm deep.

MASSIVE BLEEDING

Press the point in the wound. Choose a compromise between safety and speed (if the casualty is a stranger, use a piece of clothing etc.) Do not remove larger objects from the wound. Apply a sterile bandage (covering, pressure, and fixation layer). If the bandage is leaking, add one more layer (do not remove the bandage).

BLOOD CIRCULATION ARREST – RESUSCITATION

The casualty doesn't respond, doesn't breathe, or gasps for breath. Turn the casualty on his/her back, tilt the head back (put the chin up), and release the airways. RESUSCITATE unless the casualty starts to breathe on his/her own. Start heart massage in the middle of the chest with a frequency of 100 times per minute, approx. 5 cm deep. Continue resuscitating until there is successful restoration of blood circulation or a physician arrives.

SHOCK

Prevent loss of blood; keep the casualty warm; do not give the casualty any liquids. Talk to the casualty; try to calm him/her down. RESUSCITATE in the event of blood circulation arrest.

SPINAL INJURIES

Do not move the casualty unless necessary. Check breathing. RESUSCITATE in the event of blood circulation arrest.

INJURIES TO THE CHEST OR ABDOMEN

Cover the wound with a sterile bandage (apply a semi-permeable bandage in the event the wound is open). Do not remove any objects from the wound. Put the casualty in a semi-sitting position. Do not give him/her any liquids.

HEAD INJURIES

Avoid unnecessary movements of the casualty's head. Treat all wounds. In the event of his/her nose bleeding, put the casualty in a sitting position and lean him/her slightly forward. In the event of bleeding from the ears, put the casualty in a semi-sitting position with his/her head tilted to the injured side so that the blood can flow out freely. RESUSCITATE in the event of blood circulation arrest.

FRACTURES AND DISLOCATIONS

Cover the open fracture with a sterile bandage. Do not move the fractured or dislocated limb and never try to straighten the bones! Immobilise the fractured bone with a splint (the joint above or below the fracture).

ELECTRICAL INJURIES

Switch the electrical source off or cut off the contact between the casualty and the electric current in some other safe way! If the casualty's clothes are burning, extinguish the fire by means of a blanket. RESUSCITATE in the event of blood circulation arrest.

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.

POISONING

Take care of your own safety! Break the contact with the poisonous matter (take the casualty out of the contaminated space, air the space, take the casualty's contaminated clothes off etc.). In the event of ingestion of poisonous mushrooms, plants, or drugs induce vomiting. DO NOT INDUCE vomiting in the event of ingestion of irritating matter.

Continue resuscitating until there is successful restoration of blood circulation or a physician arrives. Sporadic gasps for breath don't mean restoration of blood circulation. CONTINUE!

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