

# First Aid @ base48

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# About

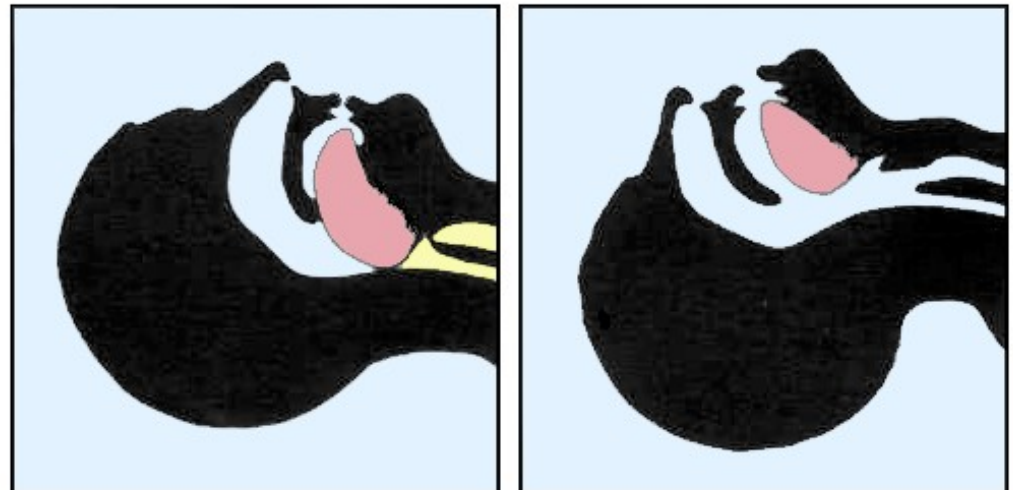
- Why?
- I'm grossly unqualified
- [https://en.wikibooks.org/wiki/First\\_Aid](https://en.wikibooks.org/wiki/First_Aid)
- <http://www.cprguidelines.eu/>

# Now what?

- Don't panic
- Apply common sense

# Check

- Protect yourself (running equipment, electricity)
- Scene
- Responds? Conscious?
- Breathing? (~ heart beating)



# CALL 155

- 112 works too
- Describe what happened
- Operator will give you instructions

# Care

- Wait for ambulance if possible
- Stop massive bleeding
- No response & not breathing → perform CPR

# Bleeding

- Do not remove foreign objects
- Apply direct pressure
- Tourniquet as a last resort

# Cardiac Arrest & CPR

- (pdf)