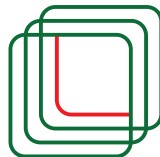


FIRST AID – IT'S EASY

MINI GUIDE

TURN TOWARDS HEALTH 2.0



FUNDACJA
EDUKACJA
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FIRST AID - IT'S EASY

MINI GUIDE

The first aid manual presents the sequence of actions related to cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), placing the victim in the recovery position, and procedures in case of choking.

All information regarding CPR and the use of an AED complies with the current guidelines of the European Resuscitation Council

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CARDIOPULMONARY RESUSCITATION (CPR)



YOU SEE A PERSON LYING DOWN

Look around and assess if it is safe. Check for hazards such as: fire, electric shock, contamination, guard dogs protecting their master, etc.

If you are helping at a road accident:

- park your car so that no one hits you and turn on the hazard lights,
- put on a reflective vest,
- set up a warning triangle,
- take a fire extinguisher, first aid kit, and protective gloves from your car.

Ensure your own safety and the safety of the victim.

CHECKING FOR SAFETY

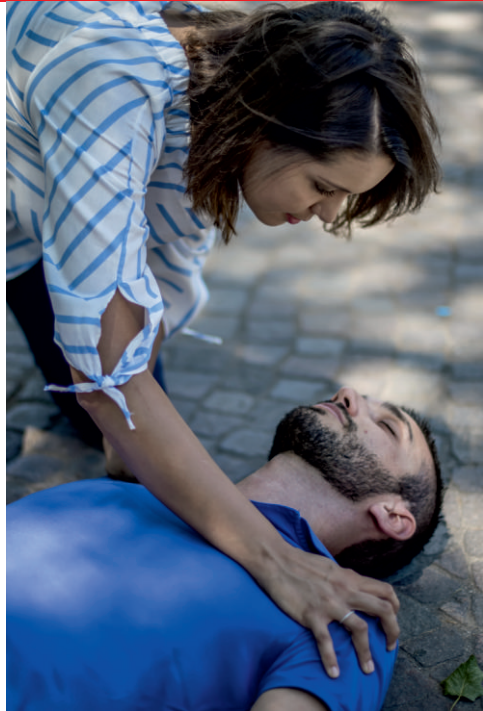
CARDIOPULMONARY RESUSCITATION (CPR)

Gently shake the shoulders and ask loudly:

- „what happened?",
- "can you hear me, sir/ma'am?",
- "please open your eyes!".

By shaking gently by the shoulders, check if the victim reacted: do they speak, open their eyes, is there a grimace of pain, surprise, astonishment on their face, are they crying...

Make sure whether they react or if there is no reaction, meaning they are conscious or unconscious.



ASSESSING CONSCIOUSNESS

CARDIOPULMONARY RESUSCITATION (CPR)



Call yourself or designate a person from among the bystanders and ask them to **call an ambulance and bring an AED**. Ideally, do it according to the example given below:

"Sir, please call an ambulance, the phone number is 112.

Please say that:

- **(WHERE):** in Sieradz at the Railway Station, near ticket counter No. 1
- **(WHAT HAPPENED):** a man is lying down, he is unconscious.
- **(WHAT WE ARE DOING):** I'll check his breathing in a moment. If he's not breathing, I'll start CPR and send someone for a defibrillator. Once you call the ambulance, please tell me."

NOTE:

1. When calling, answer all questions asked by the dispatcher.
2. Do not hang up first (the dispatcher can help you).

CALLING AN AMBULANCE

CARDIOPULMONARY RESUSCITATION (CPR)

While waiting for the connection with the ambulance, check if the victim has foreign objects in the mouth.

Remove them, but do not do it "blindly" to avoid pushing them deeper. You can remove them only when they are visible at first glance.

Next, clear the airway: place one hand on the victim's forehead, lift their jaw with the fingers of the other hand. Tilt the victim's head back until you feel resistance.

NOTE:

This technique applies only to non-trauma victims.



CLEARING THE AIRWAY

CARDIOPULMONARY RESUSCITATION (CPR)



With the airway cleared, place your cheek near the victim's mouth:

- feel the exhaled air on your cheek,
- listen for the sound of breathing,
- observe chest movements,
- spend 10 seconds on this.

If you felt 2 - 3 breaths:

Assessment: The victim is breathing normally.

If you found that breathing is weak, heavy, like a "fish gasping for air", there is gasping, seizures appear, or you are not sure that the victim is breathing normally:

Assessment: Absence of normal breathing.

Convey information about breathing to the ambulance dispatcher.

ASSESS BREATHING

CARDIOPULMONARY RESUSCITATION (CPR)



ASSESS BREATHING

CARDIOPULMONARY RESUSCITATION (CPR)



VICTIM UNCONSCIOUS, AND NOT BREATHING

- Expose the victim's chest,
- place the heel of one hand in the center of their chest,
- place the other hand on top of the first,
- interlock your fingers and pull them slightly back,
- compress with straight arms,
- compress evenly at a rate of 100-120/min,
- depth of compression 5-6 cm (in adults),
- do not lift your hands off the chest.

**ACT
IN CYCLES**

30 
compressions

PERFORMING 30 CHEST COMPRESSIONS

CARDIOPULMONARY RESUSCITATION (CPR)

- Clear the airway,
- it is essential to use a mouth barrier device for rescue breaths,
- pinch the victim's nose with the thumb and index finger of the hand on the forehead,
- give two rescue breaths:
 - take a normal breath, not deep,
 - cover the victim's mouth with your mouth and blow air in for about 1 second until the chest rises,
 - allow air to escape from the victim's mouth, and then perform the second breath.

**IF YOU DO NOT HAVE A MOUTH PIECE,
PERFORM ONLY CHEST COMPRESSIONS
(as many as you can)**

▶ **2**
breaths



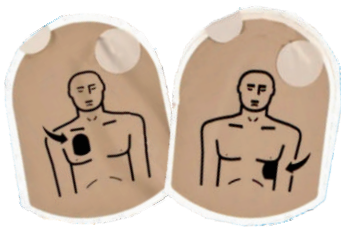
PERFORMING 2 RESCUE BREATHS

CARDIOPULMONARY RESUSCITATION (CPR)



**IT IS EASY TO USE.
IF IT IS AVAILABLE, USE IT!**

- Stay safe,
- turn on the defibrillator,
- you will hear voice prompts, follow them, and they will lead you step by step,
- take the electrode package out of the device, tear it open, and remove the electrodes,
- peel the first electrode from the liner and stick it on the upper part of the exposed chest (the upper part of the chest is the section on the right side of the sternum, below the right collarbone),
- after sticking the first electrode, peel the second electrode from the liner and stick it below the victim's left armpit,
- wait for further AED instructions,



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

CARDIOPULMONARY RESUSCITATION (CPR)



PLACING THE ELECTRODES

CARDIOPULMONARY RESUSCITATION (CPR)



- Move away from the victim and do not touch them, so as not to interfere with the heart rhythm analysis,
- if the victim's condition requires the use of the AED, you will hear: **"Shock advised."** You should also move away,
- make a gesture with your hands toward the witnesses of the event and say loudly: **"Please step back"**,
- you will also hear the message: **"Charging, stay clear of the victim,"**
- when the AED is ready for defibrillation, you will hear: **"Press the flashing button to deliver shock"**,
- before pressing the button, move away from the victim and say loudly toward the witnesses: **"Please step back, shock will be delivered"**,

HEART RHYTHM ANALYSIS

CARDIOPULMONARY RESUSCITATION (CPR)

- re-assess your safety and that of the witnesses

PRESS THE FLASHING BUTTON



- after defibrillation, you will hear:
“Perform cardiopulmonary resuscitation, start chest compressions and rescue breaths.”

Act in cycles of 30 compressions and 2 rescue breaths (if you do not have a mouth piece, perform only chest compressions as many as you can).

- after two minutes, you will hear further AED voice prompts.



DEFIBRILLATION

RECOVERY POSITION



VICTIM UNCONSCIOUS, BUT BREATHING

NOTE:

**This technique applies only
to non-trauma victims.**

Kneel beside the victim:

- ensure that their legs and arms lie along the axis of the body,
- remove the victim's glasses and check if they have hard, sharp objects with them (place them behind the victim's head),
- place the victim's arm (on your side) in the "Hail Caesar" position - palm facing up,

STEP 1

RECOVERY POSITION

- place the victim's other arm across their chest and press the back of the hand against their cheek on your side,
- hold the victim's hand against their cheek the entire time.



STEP 2

RECOVERY POSITION



- With your other hand, grasp the victim's far leg just above the knee and pull it up so that the foot remains on the ground and is drawn as close to the buttock as possible,
- while still supporting the hand under the cheek, pull the leg held above the knee so that the victim turns onto their side toward you,



STEP 3

RECOVERY POSITION



- Stabilize the victim by positioning the leg on top so that the knee and hip joints are bent at right angles,
- ensure that their airway is clear,
- check the victim's condition regularly, every minute - whether they are still breathing,
- after 30 minutes (if possible), turn the victim over to the other side.

NOTE:

- **Do not use the recovery position if trauma is suspected.**
- **Place a visibly pregnant woman only on her left side.**

STEP 4

CHOKING



We can speak of choking in the case of partial or complete closure of the airway by a foreign body, i.e., partial or complete airway obstruction.

One of the typical reflexes of a person who is choking is coughing. This is a natural reflex of the body, an attempt to get rid of the foreign body blocking the airway.

Therefore, at the beginning, try to encourage the person to lean forward and cough.

If this does not help...

STEP 1

CHOKING

Further procedure consists of performing 5 back blows:

- stand to the side of the victim,
- support the victim's chest with one hand and lean them forward,
- with your other hand, deliver 5 sharp blows between the shoulder blades,
- after each blow, check if the foreign body has been expelled.



STEP 2

CHOKING



If this form also did not bring the required result and did not cause the removal of the foreign body, perform 5 abdominal thrusts:

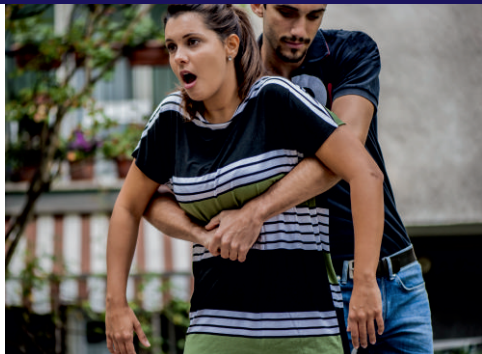
- stand behind the victim and put your arms around them under their armpits,
- place the fist of one hand in the upper abdomen area, place the other hand over the first, lean the victim forward and pull sharply inward and upward, in the area between the navel and the junction of the ribs.

STEP 3

CHOKING

If the action is ineffective and the victim's condition has not changed, return to 5 back blows.

- alternate abdominal thrusts and back blows until the foreign body is removed or the victim loses consciousness,
- in case of loss of consciousness and lack of normal breathing, call an ambulance, check if the foreign body is in the mouth, and then perform cardiopulmonary resuscitation,
- continue these activities until consciousness is regained or signs of life are noticed,
- if the victim is unconscious but starts breathing normally, place them in the recovery position and regularly monitor vital parameters.



STEP 4

REMEMBER

- Before providing help, think about where to start,
- do not approach the victim until you are sure it is safe, that there is no danger to you, the victim, or those observing the whole event,
- when starting rescue procedures, use gloves, and a resuscitation mask to perform rescue breaths,
- if an AED is available during resuscitation, be sure to use it,
- do not leave the victim alone.

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