



FIRST AID AND CPR: HOW SHOULD AN EMERGENCY BE MANAGED?



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Here are some useful recommendations on how to intervene, whilst protecting both victim and rescuer from potential infections:

- ✓ Ensure that the rescuer, the victim and all other people on site are safe.
- ✓ Ensure that all PPE is being worn and that protective barriers are used.
- ✓ Evaluate consciousness by shaking or stimulating the victim without approaching the face.
- ✓ Determine if the victim is breathing by simply observing chest movements. The rescuer's face should not come close to the victim's face.
- ✓ If the victim is unconscious and not breathing, alert Emergency Medical Services (EMS) describing the situation, and start chest compressions without rescue breaths/ventilations.
- ✓ Use an Automated External Defibrillator (AED), if available.
- ✓ Continue with rescue operations until the victim has resumed normal breathing, the rescuer is exhausted or EMS arrive.
- ✓ Once rescue activities are completed or the victim handed over to EMS, properly remove PPE and dispose of these according to local instructions. Wash hands carefully. Medical devices used on the victim should be disinfected after use, if possible, or disposed of following correct procedures.