



Electric shock: First aid procedures



This poster contains basic advice on first aid for use in an emergency. It is not a substitute for effective training.



First make safe

Do not touch the casualty with your unprotected hands. Break the contact by switching off the current, removing the plug or wrenching the cable free.



If this is not possible:

- ➔ stand on a dry insulating material, such as a wooden pallet or plastic mat, then use a dry wooden or plastic implement to free the casualty from contact with the electrical source; or
- ➔ wear rubber or plastic insulating gloves to pull the casualty free; or
- ➔ if dry rope is available, without touching the casualty, loop it around the feet or under the arms and pull the casualty free.

How to call an ambulance

How to get a first aider

A Airway

To open the airway:

- ➔ place one hand on the casualty's forehead and gently tilt the head back;
- ➔ lift the chin with two fingertips.



B Breathing

Look, listen and feel for normal breathing for no more than 10 seconds:

- ➔ look for chest movement;
- ➔ listen at the casualty's mouth for breath sounds;
- ➔ feel for air on your cheek.



- If the casualty is breathing normally:
- ➔ place in the recovery position;
- ➔ get help;
- ➔ check for continued breathing.

- If the casualty is not breathing normally:
- ➔ get help; call for an AED if available;
- ➔ start chest compressions (see CPR).

C CPR

To start chest compressions:

- ➔ lean over the casualty and with your arms straight, press down on the centre of the breastbone 5-6 cm, then release the pressure;
- ➔ repeat at a rate of about 100-120 times a minute;
- ➔ after 30 compressions open the airway again.



- ➔ pinch the casualty's nose closed and allow the mouth to open;
- ➔ take a normal breath and place your mouth around the casualty's mouth, making a good seal;
- ➔ blow steadily into the mouth while watching for the chest rising;
- ➔ remove your mouth from the casualty and watch for the chest falling;
- ➔ give a second breath and then start 30 compressions again without delay;
- ➔ use AED in accordance with manufacturer's instructions;
- ➔ continue with chest compressions and rescue breaths in a cycle of 30:2 until qualified help takes over or the casualty starts breathing normally.



Health and Safety Executive

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Hse Electric Shock First Aid Procedures Poster

Tobias Bleicker

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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