



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.



Hse Electric Shock First Aid Procedures Poster

AN Whitehead



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Table of Contents Hse Electric Shock First Aid Procedures Poster

1. Understanding the eBook Hse Electric Shock First Aid Procedures Poster
 - The Rise of Digital Reading Hse Electric Shock First Aid Procedures Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Hse Electric Shock First Aid Procedures Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hse Electric Shock First Aid Procedures Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hse Electric Shock First Aid Procedures Poster
 - Personalized Recommendations
 - Hse Electric Shock First Aid Procedures Poster User Reviews and Ratings
 - Hse Electric Shock First Aid Procedures Poster and Bestseller Lists
5. Accessing Hse Electric Shock First Aid Procedures Poster Free and Paid eBooks
 - Hse Electric Shock First Aid Procedures Poster Public Domain eBooks
 - Hse Electric Shock First Aid Procedures Poster eBook Subscription Services
 - Hse Electric Shock First Aid Procedures Poster Budget-Friendly Options

6. Navigating Hse Electric Shock First Aid Procedures Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Hse Electric Shock First Aid Procedures Poster Compatibility with Devices
 - Hse Electric Shock First Aid Procedures Poster Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hse Electric Shock First Aid Procedures Poster
 - Highlighting and Note-Taking Hse Electric Shock First Aid Procedures Poster
 - Interactive Elements Hse Electric Shock First Aid Procedures Poster
8. Staying Engaged with Hse Electric Shock First Aid Procedures Poster
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hse Electric Shock First Aid Procedures Poster
9. Balancing eBooks and Physical Books Hse Electric Shock First Aid Procedures Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hse Electric Shock First Aid Procedures Poster
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hse Electric Shock First Aid Procedures Poster
 - Setting Reading Goals Hse Electric Shock First Aid Procedures Poster
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hse Electric Shock First Aid Procedures Poster
 - Fact-Checking eBook Content of Hse Electric Shock First Aid Procedures Poster
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

-
- Interactive and Gamified eBooks

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