



First aid

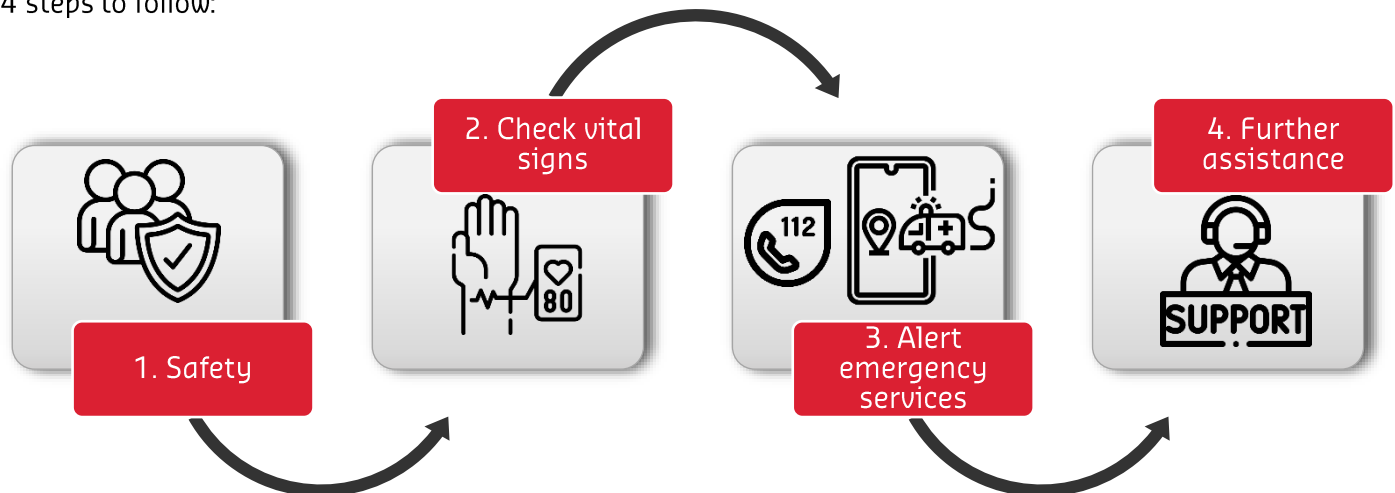
What to do in life threatening situations?

Role of the care provider

1. Provide first aid as soon as possible after an accident or becoming unwell
2. Notify the emergency services for medical assistance as soon as possible
3. Organise transport for the victim

General approach to an emergency

4 steps to follow:



1. Safety

Safety : In what order should you intervene?

- 1) Yourself 2) The victim 3) Bystanders

Wear gloves to avoid contamination.

Wear a fluorescent vest.

Switch off electricity.

Open windows and doors.

Keeps colleagues, bystanders, curious people, ... at a distance.



2. Check vital signs



3. Alert emergency services



Emergency numbers in Belgium



Police

101



Ambulance

112



Fire brigade

112

Red Cross
Belgium



105



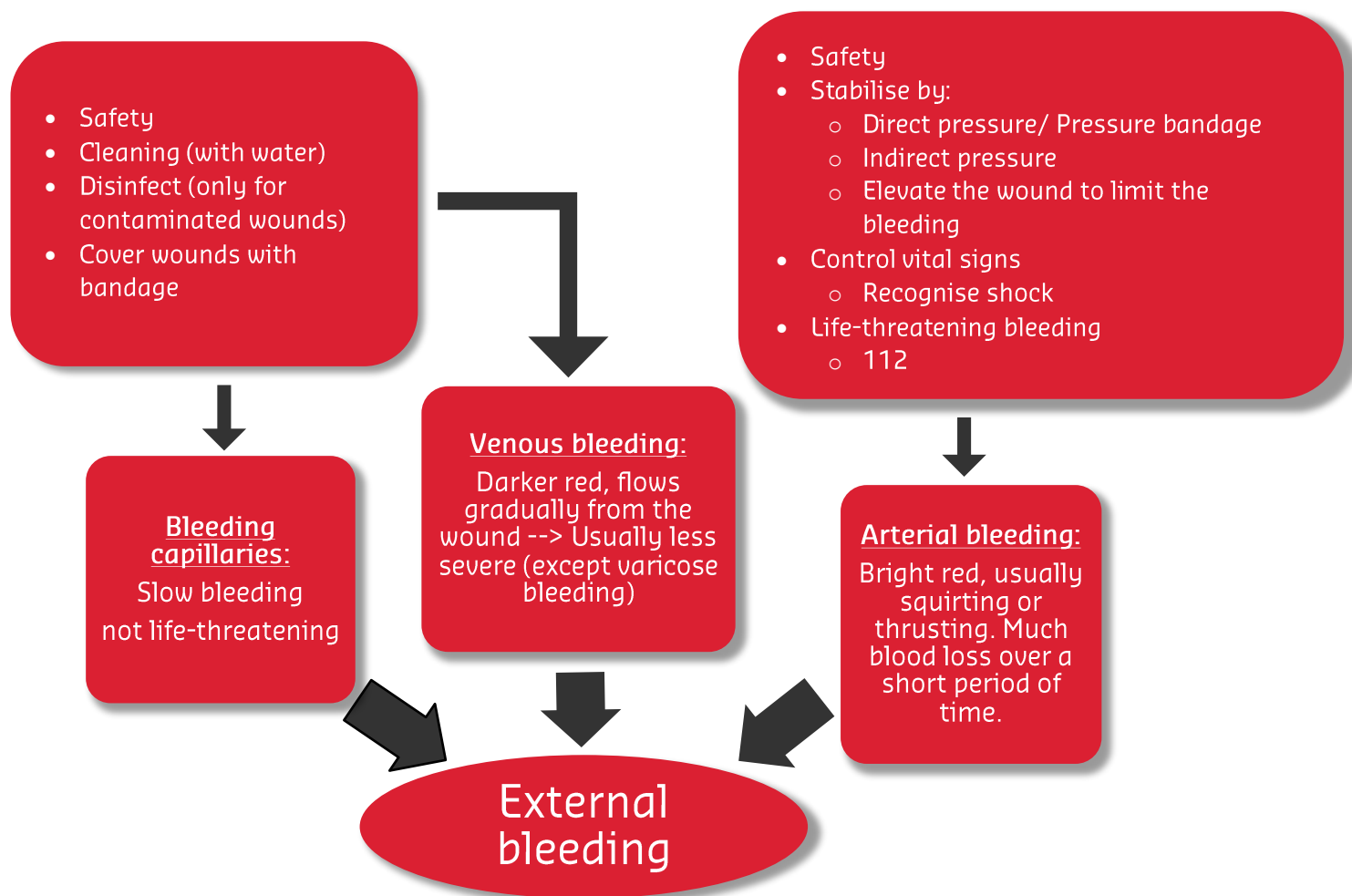
070/245.245

4. Further assistance

- Monitor vital signs
- Move the victim only if really necessary
- Do not allow the victim to strain himself
- Protect the victim from rain, cold or heat
- Do not give any food or drinks
- Do not give any medication or painkillers

What to do in non-life-threatening situations ?

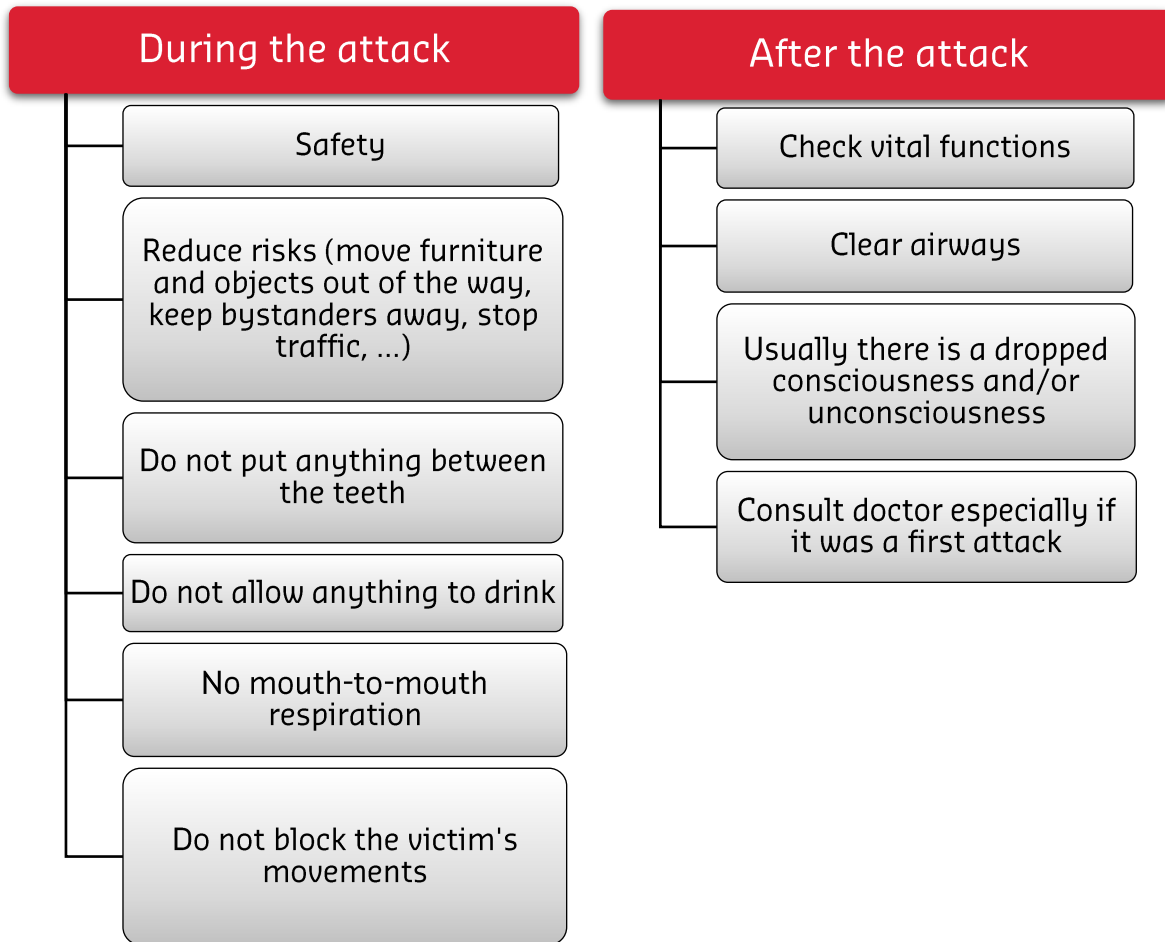
1. External bleeding



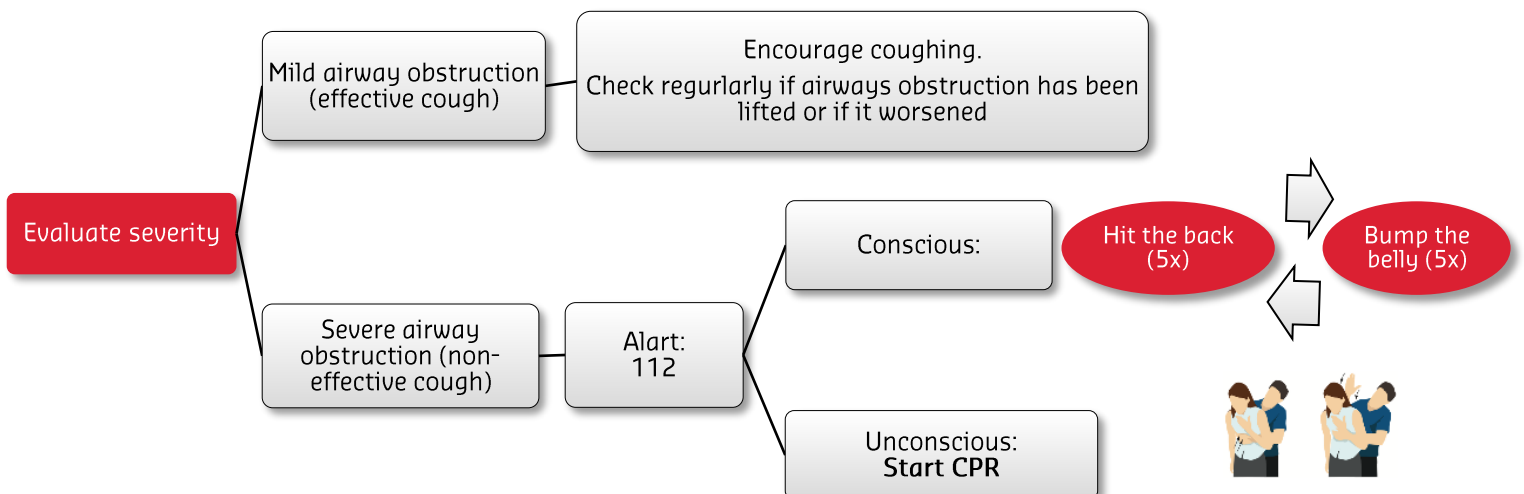
2. Nosebleeds

- Your own safety first (gloves)
- Ask the victim to sit down
- Ask to bent his/her head slightly forward (reading position)
- Ask the victim to blow his/her nose once.
- Ask the victim to breathe through his/her mouth, then pinch nose closed at the top for 10 minutes without interruption
- Afterwards, place cottons in the nose if necessary
- If the nose continues to bleed → contact a doctor

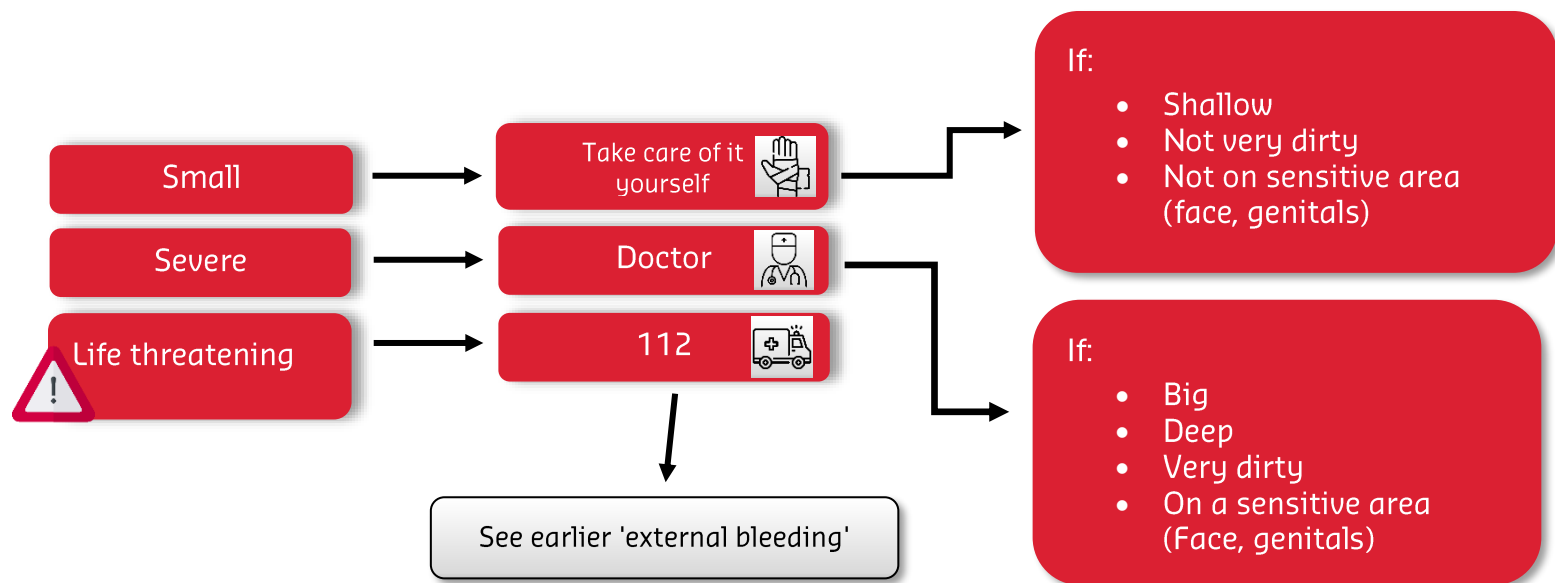
3. Epilepsy or “falling illness”



4. Obstruction of breathing : Suffocation by external object















5. Skin wounds



Take care of it yourself :

- **Safety**
 - Wash your hands
 - Wear gloves
- **Clean and dry**
 - First ask how it happened, let the victim sit down
 - Clean wounds thoroughly with soap and water
 - Treat heavily dirty wounds (street dirt or soil) with oxygenated water (rinse with water afterwards)
- **Disinfect**
 - Ask about known sensitivities to disinfectants
 - Disinfect with colourless and non-stinging disinfectant
 - Disinfect from the centre to the outer edges (possibly with sterile compresses)
- **Cover**
 - With plaster or non-sticking bandage
- **The victim should have the wounds inspected in the evening**
 - For infections
 - Possibly to replace the bandages
- **For serious wounds: contact a doctor or call the emergency number 112**

6. Burns

	1 st degree	2 nd degree		3 rd degree
		Superficial	Deep	
Colour/Skin appearance	 Red but dry; looks like sunburn, without blisters	 Red-pinkish and wet; with (burst) blisters	 Matt red with white spots; upper layer of skin has disappeared	 Beige, brown or black: skin is completely destroyed
Correct response	 1. Cool first. 2. Take care of it yourself.	 of 1. Cool first. 2. treat minor burns yourself (for larger ones, go to a GP or emergency room).	 1. Cool first. 2. Go to a GP or the emergency room.	 1. Cool first. 2. Go to emergency room or burn centre.
Duration of healing (if treated correctly)	 After a few days, without scars.	 After about 2 weeks, often without scars.	 After more than 3 weeks, often with scars.	 Long recovery and severe scarring; often requires surgical treatment and possibly skin transplant.

First aid for burns

- Cool down! React immediately!



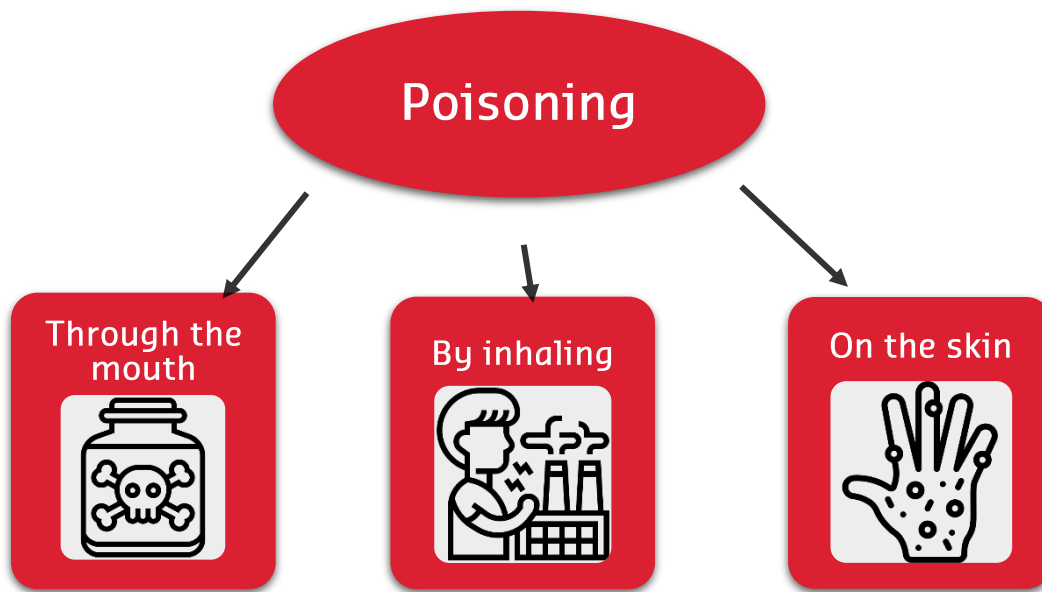
- 1st degree: No further care needed → Optionally use a moisturising cream
- 2nd degree: Burn ointment if possible + cover with sterile compress

- if burned-in clothing, do **NOT** remove!
- Do not use ice to cool.
- For life-threatening burns:
 - ➔ Check vital signs + revive if necessary
 - ➔ Keep cooling

BEL 112



7. Poisoning



First aid for poisoning :

- Check consciousness, open airways and check breathing.
 - Give immediate help in case of unconsciousness or respiratory arrest.
 - Is the victim unconscious but breathing normally? Then place him in a stable side position, preferably on his left side.
- Is CPR necessary?
 - Do so **without** mouth-to-mouth resuscitation. Give chest compressions only.
 - Preferably do not resuscitate in a small, closed room. The victim's breathing air may contain toxic substances!
- If available; follow the instructions of the package leaflet (of the product that was taken).
- Always call Anti-poison centre: 070 245 245 and strictly follow their advice.
- Call **112** for severe symptoms such as:
 - unconsciousness
 - breathing difficulties
- When you call 112, it is **IMPORTANT** to communicate:
 - Which product
 - Quantity
 - Time of ingestion
 - Symptoms
 - Age of the victim



8. Useful contact details

Ambulance / Fire brigade (European emergency number)	112
Anti-poison centre	070 245 245
Burns centre	02 268 62 00
Police	101
Federal coronavirus info line	0800 146 89

9. Extra tips

- Always charge your mobile phone before work.
- Ask your client where the first aid kit is been kept.
- For additional information on which first aid to give in which situation, please refer to Mensura's infobroche → [First aid manual \(brochure\)](#)