



Welcome

REMINDERS

First Aid Level 2 retraining every year

First Aid Level 1 retraining every 3 years

EXTINGUISHERS retraining every 3 years





*** THE RESCUER'S MISSIONS LEVEL 2 (1/3)**

Implement specific security and alert measures at point 5 of the LHC



*** THE RESCUER'S MISSIONS LEVEL 2 (2/3)**

Provide first aid as a team with a special equipment



*** THE RESCUER'S MISSIONS LEVEL 2 (3/3)**

Facilitate the access and information transmission to the rescue team

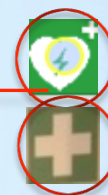




Equipment Location 1>above-ground



DEFIBRILLATOR



FIRST AID KIT

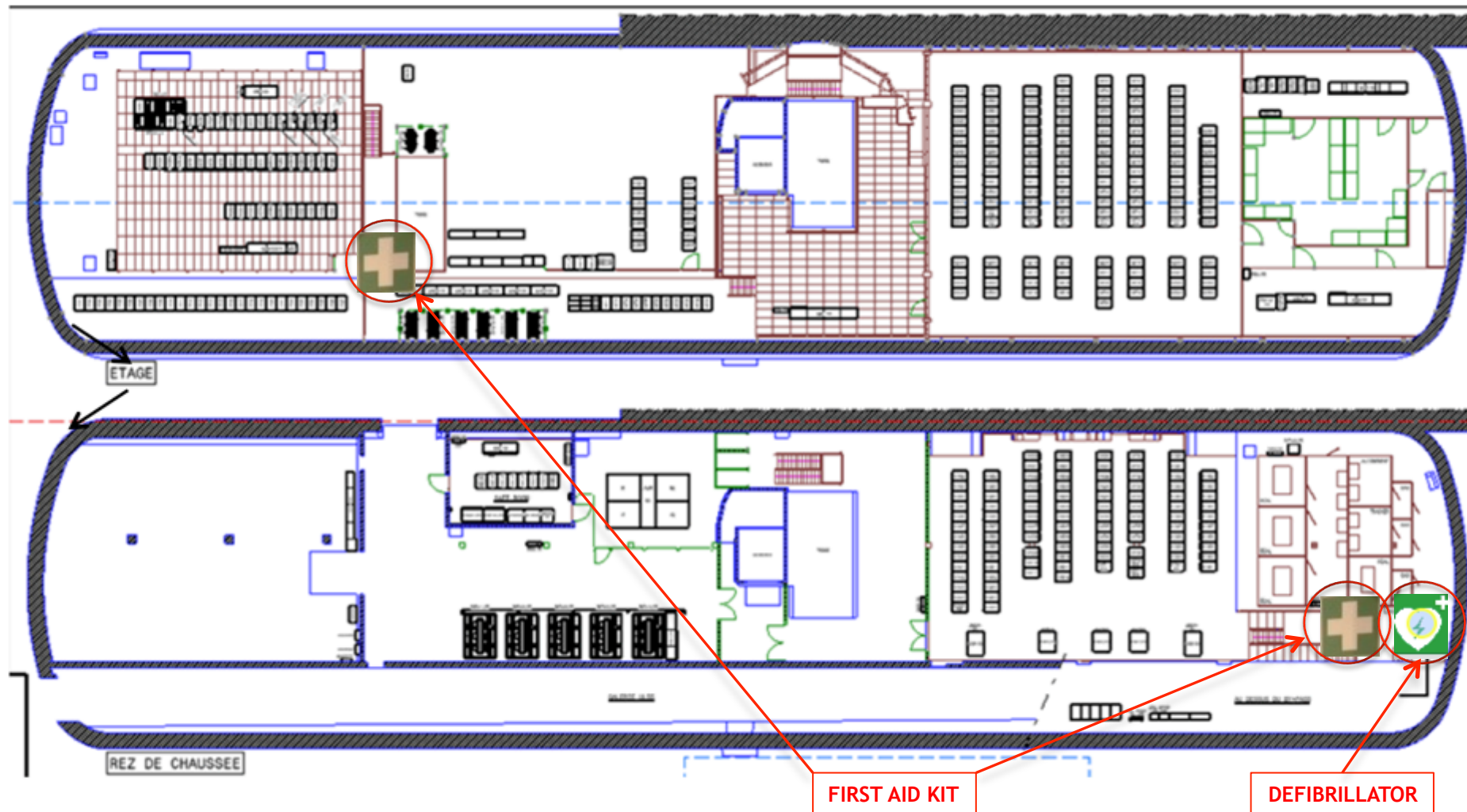
SIGNALLING



HELIPAD

FIRST AID TRAINING COURSE LEVEL 2 (LHC 5 – CMS)

Equipment Location 2> underground



ALWAYS

Sometimes

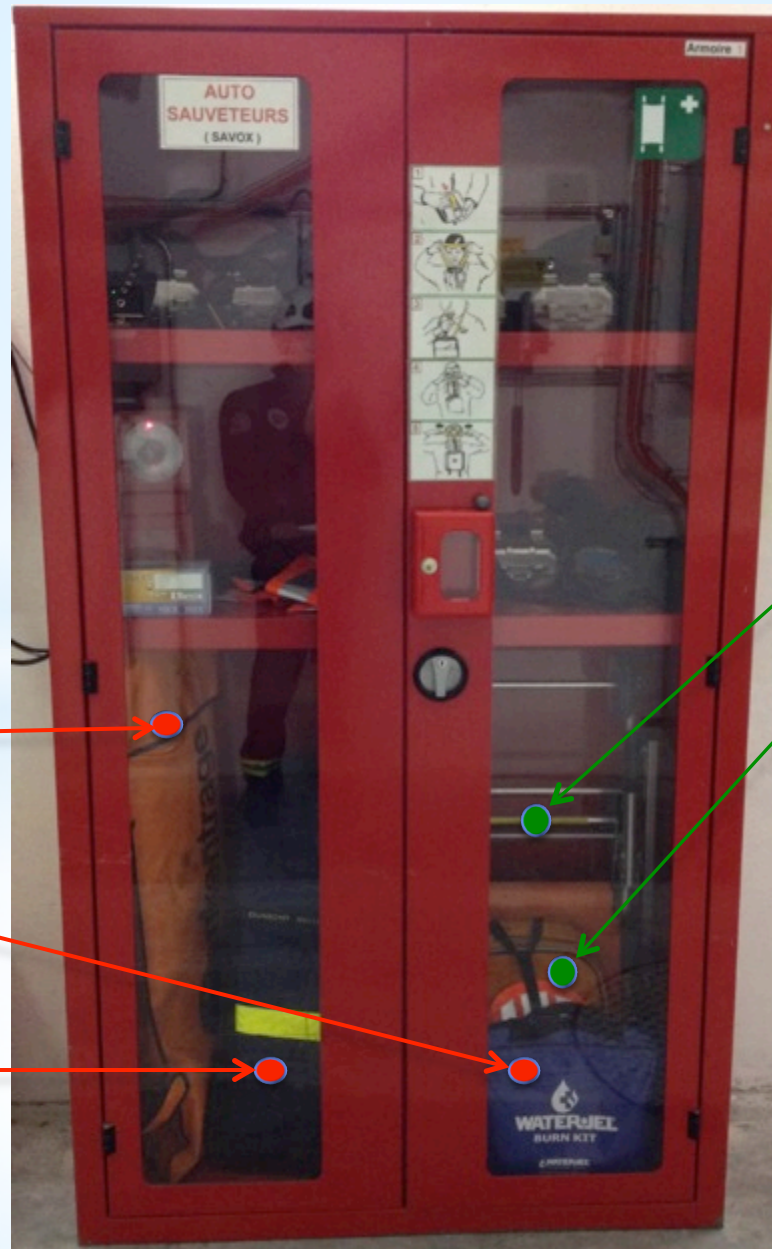
STRETCHER

BURN KIT

OXYGEN

CHAIR

SAFETY BAG





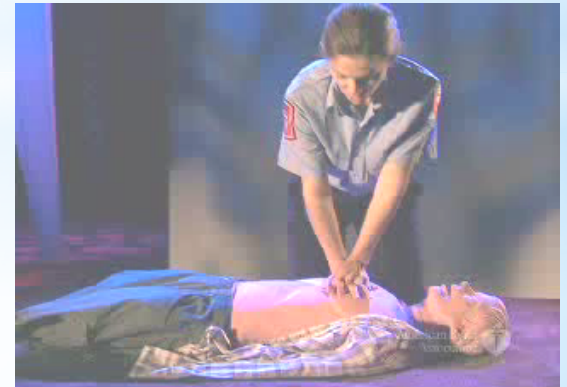




THE CHAIN OF SURVIVAL



1. *Immediate recognition of cardiac arrest and activation of the emergency response system*
2. *Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions*
3. *Rapid defibrillation*
4. *Effective advanced life support*
5. *Integrated post-cardiac arrest care*





ALGORITHM of the CARDIOPULMONARY RESUCITATION

IF NO BREATHING > CALL & >>>>>> 1>2>3>4

1. CHEST COMPRESSIONS

2. CLEAR THE AIRWAY

3. RESCUE BREATHING

4. DEFIBRILLATION

PERFORM 30 COMPRESSIONS CYCLES AND 2 RESCUE BREATHING (CPR)

- ✓ Push at a rate of **100 compressions/min (maximum 120/mn)**
- ✓ Push straight down at **6 cm** for adults
- ✓ After each compression, release all the pressure on the chest, **do not interrupt resuscitation**
- ✓ **Avoid delivering an excessive ventilation rate**, in order to perform a correct CPR

At
Least **100** Compressions
per
Minute

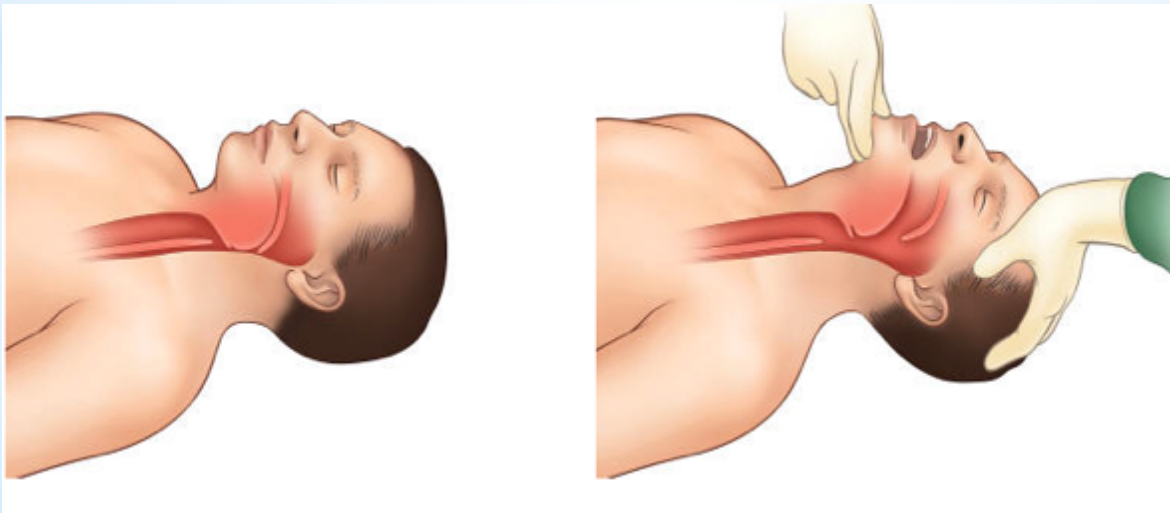


CLEAR THE AIRWAY: GENTLE HEAD TILT, CHIN-LIFT MANEUVER

Head tilt allows to open an unconscious person's airway

Put your palm on the person's forehead and gently tilt the head back

Then with the other hand, gently lift the chin forward to open the airway



THE BAG-VALVE-MASK USED BY 2 RESCUERS

The usage of the bag-valve-mask to provide emergency ventilation is an alternative to mouth to mouth

BVM slightly improves ventilation efficiency

This technique enhances the rescuer's safety

