

For a great summer follow all the recommendations in this guide, stay safe and take good care of you and yours. Enjoy your holidays!



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With the collaboration of:

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## what to do in the event of an accident

The minutes immediately after an accident can sometimes be of vital importance for the victim. For these vital moments, Red Cross has devised a plan of action known in English as PCA.

- P**... **Protect** the scene of the accident: Make the scene of the accident safe to prevent another accident from occurring. Find out what has happened.
- C**... **Call** Emergency Services: Ask for help at the nearest lifeguard station or dial **112**, telling them everything you know about the accident.
- A**... **Attend** to the injured: Check the victim's vital functions. Make sure they are conscious. Check that they are breathing. Do not move them roughly or brusquely.

## Cardiopulmonary resuscitation

If the victim is unconscious and is not breathing, begin CPR.

**Make the scene of the accident safe.** Remove or eliminate any dangers to the safety of those present.

**Check the victim's state of consciousness.** Shake their shoulders and ask them if they are alright: **If they respond**, leave them in the position they are in and try to solve the problems you find. **If they do not respond...**

**Shout for help without leaving the victim's side and put them in resuscitation position:**

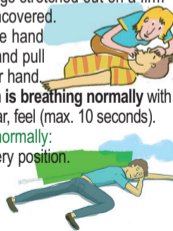
Face-up with arms and legs stretched out on a firm surface and the thorax uncovered.

**Open the airway.** Put one hand on the victim's forehead and pull their chin up with the other hand.

**Check to see if the victim is breathing normally** with their airway open. See, hear, feel (max. 10 seconds).

**If the victim is breathing normally:**

- Place them in the recovery position.
- Call 112 (emergency services) or find help.
- Check regularly that the victim is still breathing.



If the victim is not breathing normally:

Ask for help, call 112 or ask someone to do so and **begin 30 chest compressions** in the centre of the victim's chest.

**Give 2 rescue breaths** with the airway open (head tilt and chin lift).

**Alternate compressions – rescue breaths** in a 30:2 sequence (30 compressions and 2 rescue breaths) at a rhythm of 100 compressions per minute.

**Do not stop** until the victim begins breathing spontaneously, you are exhausted or specialist help arrives.



## What to do in the event of bleeding

**Sit or lie the victim on the ground.** They could faint and suffer further injuries.

**Raise the victim's legs.**

**Prevent loss of heat.**

Cover the victim well.

**Press down strongly on the wound for 10 minutes.**

Press down on the affected area with a dressing.

Raise the affected limb.

**Use a pressure bandage.** The pressure on the wound will be more effective.



## Injuries caused by animals

**Insect bites.** If the victim is suffering from multiple bites or is allergic, go to a Health Centre. If not:

Clean the area with soap and water and disinfect it. Apply a flannel with cold water, or ice (not directly) or an anti-bite product.

Rest the affected area.

Do not use homemade remedies (mud, saliva, etc). If you are bitten in the mouth, suck on some ice and get medical help as soon as possible.

**Injuries caused by certain breeds of fish, that inject poison into their victims (red scorpion fish, flatfish, greater weever fish etc):**

Wash the affected area with salty water.

Submerge it in hot water for 30-90 minutes.

Rest the affected area.

Go to the nearest Health Centre.

**Injuries caused by Coelenterata (jellyfish, anemones, etc):**

Do not touch or rub the affected area in case it still contains vessels with venom.

Wash the affected area with salty water (never fresh water).

Apply cold to the affected area and let it rest.

Go to the nearest Health Centre.

This summer  
**take good care yourself**

Take your place in the chain of life



Prevention is life



**Cruz Roja**

**Closer to people everyday**



## sun safety recommendations

- \* Always use protection that is adequate to your skin type.
- \* Apply the sunscreen at home 30 minutes before sun exposure and in a sufficient amount (2 mg/cm<sup>2</sup>), on clean and dry skin. Frequently reapply the sunscreen to maintain the protection.
- \* Use a lip balm with a high Solar Protection Factor.
- \* Protect your eyes with quality sunglasses that cover 100% of UV radiation and Blue Light.
- \* Wear a wide brim hat and t-shirt as additional protection.
- \* It is fundamental to maintain good internal hydration by drinking plenty of water and external hydration by using After Sun.
- \* Use of water-resistant sunscreens is recommendable.
- \* Exposure to the sun should be gradual, avoiding exposure from 10:00 to 14:00 hours.
- \* Consult your physician or pharmacist if you are taking or have recently taken photosensitive medication.



**Skin Type I:** Very light-skinned. Blue eyes. Moles. Almost albino.

▶▶ Very High Protection. Recommended SPF +50



**Skin Type II:** Light-skinned. Blue eyes or light-colored eyes. Blonde or red hair.

▶▶ High Protection. Recommended SPF 30 - 50



**Skin Type III:** White skin, lightly tanned. Brown eyes and brunette.

▶▶ Medium Protection. Recommended SPF 15 - 25



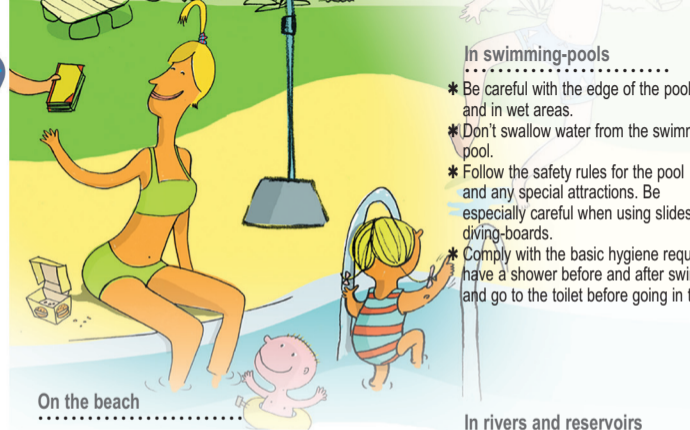
**Skin Type IV:** Black or tanned skin, such as Indian, latin american or african.

▶▶ Low Protection. Recommended SPF <10



## staying safe in the water

- \* Swim in areas specifically designated for swimming that are protected by lifeguards.
- \* Enter the water gradually. Don't jump straight in, especially after sunbathing or eating.
- \* Give your body a chance to digest your lunch. Wait for at least two hours before going swimming again.
- \* Don't dive into the water unless you know that it is deep enough (risk of being permanently paralysed).
- \* Get out of the water immediately if you notice any strange sensations: shivering, fatigue, headaches or pains in the neck region, itching, faintness, vertigo or cramps.
- \* Keep an eye on children at all times.
- \* If you see someone in trouble in the water, throw them something that floats and call for help. Do not put yourself at risk too.
- \* Always follow the lifeguard's instructions.



### On the beach

- \* Heed the warning flags.
- \* Don't try to swim against the current. Swim parallel to the beach until you get out of the current, then swim towards the shore.
- \* Don't use inflatable beds etc, if you don't know how to swim.
- \* Stay within areas designated for swimming and keep out of the areas for water sports.

### In swimming-pools

- \* Be careful with the edge of the pool and in wet areas.
- \* Don't swallow water from the swimming-pool.
- \* Follow the safety rules for the pool and any special attractions. Be especially careful when using slides and diving-boards.
- \* Comply with the basic hygiene requirements: have a shower before and after swimming and go to the toilet before going in the pool.

### In rivers and reservoirs

- \* Do not bathe in large rivers or in natural pools under waterfalls.
- \* Look to see if there are any warning signs.
- \* Use footwear specially designed for use in water.



## look after the environment

- \* Be careful with the access areas and with all plants and animals that you come across.
- \* Throw all waste and rubbish in the right containers, never into the water. Encourage those around you to do the same.
- \* Put out all cigarettes completely and put butts in ashtrays. Remember to take an ashtray with you always.
- \* Do not use glass bottles or jars in natural areas.
- \* Use biodegradable shower and sun products.
- \* Always go to the toilet before swimming.
- \* Control oil and diesel leaks when using motor-boats.
- \* Pick up fishing tackle or any remains after going fishing.
- \* Teach others to be conscious of the environment.

