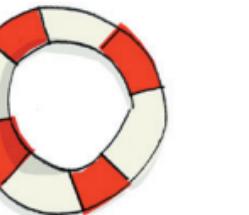


For a great summer follow all the recommendations in this guide, stay safe and take good care of you and yours. Enjoy your holidays!



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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.

**1 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**...

**3 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.

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

**5 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.



Apply cold to the affected area and let it rest.



## 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.



