

## Electric Shock First Aid Poster

The Electric Shock First Aid Poster explains the precautions that you should be aware of when dealing with electric shock victims.

⚡ **First Aid - Electric Shock** ⚡

Please read this guide before attempting to perform any treatments

<p><b>Hazardous Environments</b></p> <p>Always ensure the environment is safe before you attempt to administer any first aid. If any hazards are present these should be removed if safe to do so. Only as a last resort should you move the casualty.</p> <p>If it is believed that a person has received an electric shock ensure all power sources are isolated before attempting treatment.</p> <p><b>High Voltage Shock</b> - High voltage electricity has the ability to jump up to 50 metres for example overhead power cables. In this instance do not try to approach the casualty until the power supply has been disconnected by an official.</p> <p><b>Low Voltage Shock</b> - Ensure the power supply is turned off and make sure you are also safe by insulating yourself from the ground - stand on bricks, newspapers or a rubber mat if available. Only then should you attempt to remove any electrical appliance from the casualty - using a wooden broom or newspaper. Do not attempt to remove using your hands as you also may suffer shock.</p>	<p><b>Response</b></p> <p>Quickly assess the levels of responsiveness - this will allow for effective treatment to ensure the best chance of survival.</p> <p>Check whether the casualty is conscious.</p> <p>If you know their name call this to firstly get their attention.</p> <p>If the casualty opens their eyes and asks you to help, you are safe to approach the casualty until the power supply has been disconnected by an official.</p> <p>Only move the casualty on a last resort.</p>	<p><b>Seeking Help</b></p> <p>Call 999 / 112 and advise the operator of the service you require. You will then be connected to the relevant service who will then ask a series of questions.</p> <p>Be prepared with the following information:</p> <ul style="list-style-type: none"> <li>The telephone number you are calling from and the exact location - including any obstructions or hazards.</li> <li>A description of the incident and the condition the casualty is now in.</li> <li>If you are not alone and anyone is available in the area ask them to assist outside to wait for the ambulance.</li> <li>Never hang up - the operator will hang up when appropriate.</li> <li>As soon as the casualty has been taken to hospital report the incident to the supervisor.</li> </ul>	<p><b>Breathing</b></p> <p>To check if the casualty is breathing look for the rise and fall of the chest, normally listen for the sound of breathing and feel for the breath on your cheek.</p> <p>Repeat for up to ten seconds.</p> <p>If the casualty appears to be breathing normally proceed to the Recovery.</p> <p>If the casualty is not breathing call the Emergency Services - Call 999 / 112 and administer CPR.</p> <p><b>Check the Airway</b></p> <p>If the casualty is unresponsive fully check the mouth that there are no obvious objects obstructing the airway.</p> <p>To help open up the airway tilt the chin and lift the head back.</p> <p>If you suspect the casualty has a neck or spinal injury place one hand on the stomach to feel if it rocks or falls.</p> <p>If yes - this indicates normal breathing.</p>
<p><b>CPR - Cardio Pulmonary Resuscitation</b></p> <p>An Automated External Defibrillator can be used if available.</p> <p>If possible the casualty should be on a firm flat surface. Do not attempt CPR if the area is not safe to do so.</p> <p>Place the heel of one hand on top of the other on the centre of the casualty's chest and compress the chest 30 times at a rate of 100-120 compressions per minute.</p> <p>Follow by opening up the airway this can be done by tilting the chin and tilting the head back.</p> <p>If you've been trained in CPR, including rescue breaths and feel confident using your skills, you should give chest compressions with rescue breaths. If you're not completely confident, attempt hands-only CPR instead.</p> <p>Continue with CPR until one of the following occurs:</p> <ul style="list-style-type: none"> <li>The casualty shows signs of recovery.</li> <li>Emergency services arrive to take over.</li> <li>You become exhausted and cannot continue.</li> <li>The situation changes making the area unsafe to continue.</li> </ul>	<p><b>Recovery</b></p> <p>If the casualty is breathing normally check for any other obvious injuries. Do not move the casualty unnecessarily as this may make them worse.</p> <p>With the casualty lying on their back, kneel on the floor at their side.</p> <p>Place the arm nearest you at a right angle to their body with their hand upwards, towards the head.</p> <p>Tuck their other hand under the side of their head, so that the back of their hand is touching their cheek.</p> <p>Send the knees forward from you to a right angle.</p> <p>Carefully roll the casualty onto their side by pulling on the nearest knee.</p> <p>The top arm should be supporting the head and the bottom arm will stop you rolling them too far.</p> <p>Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.</p> <p>Call 999 / 112 - Stay with the casualty and monitor their condition until help arrives.</p>	<p><b>Burns</b></p> <p>Electric shocks can cause burns to the skin on entry and exit from the body.</p> <p>If the casualty is conscious cool the burn as quickly as possible in cool running water for a minimum of 10 minutes.</p> <p>Once cooled cover the burn with a Non Fluffy Sterile dressing and seek medical advice.</p> <p>If the casualty is unconscious cool the burn with a wet dressing and place them in the recovery position.</p> <p><b>Ensure you Do Not:</b></p> <ul style="list-style-type: none"> <li>Burn any Blisters</li> <li>Apply Adhesive Dressings</li> <li>Remove Damaged Skin or Clothing</li> <li>Apply Ointments, Oils or Fat</li> <li>Apply Ice</li> </ul>	<p><b>Muscle Spasms / Seizures</b></p> <p>Muscle spasms and seizures can occur anytime after the accident and can continue for a prolonged period.</p> <p>In the event of a major seizure this typically indicates a serious casualty, they will almost definitely collapse - if you are near be prepared to control the fall.</p> <p>To ensure the casualty remains safe remove any objects that may cause further injury - only do so if this does not create any further threat to the casualty.</p> <p>Place a padded object under the head of the casualty and loosen any clothing that may restrict the airway.</p> <p>When the seizure has diminished check the casualty's Airway, Breathing and Circulation (A, B, C).</p> <p>If unconscious and breathing normally place the casualty in the recovery position. If they are not breathing perform CPR.</p> <p>Reassure the casualty whilst continuing to check A, B, C until the Emergency services arrive.</p>

Tel: 01926 815000 The information contained in this poster is for guidance only and should not be used as a substitute for recognised training. Tool Connection Limited

### Additional Information

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- Printed in full colour on HP photo realistic paper. The print side is laminated for extra protection.
- Size: 590 x 420mm.
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