

MEMO 5

CARDIAC ARREST

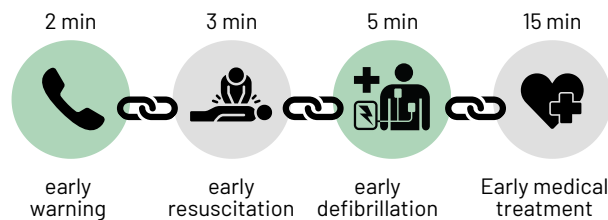
THE SIGNS:

A victim is considered to be in cardiac arrest when they do not respond, do not react, and :

- Do not breathe: no chest movement is visible and no noise or breath is heard.
- Or has abnormal breathing with slow, noisy, difficult and ineffective respiratory movements (agonistic breathing).

GUIDELINES

- Clear the airway.
- Enjoy breathing for **up to 10 seconds**.
- Ask a third party to **alert the emergency** services and if possible bring back a defibrillator.
- Start CPR immediately by performing continuous chest compressions at a rate of 100 to 120 compressions per minute (or by repeating cycles of 30 chest compressions followed by 2 breaths).
- In continuing the PCR, have an AED implemented as soon as possible and follow its directions.



These different stages constitute a survival chain that can increase the survival rate of victims by 4 to 40%.



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OSH TRAINING - FIRE TRAINING
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MEMO 6

CARDIAC MASSAGE

PRACTICAL GESTURE:

- Place the heel of one hand in the center of the chest, on the midline, on the lower half of the sternum.
- Place the other hand on top of the first by crossing the fingers of both hands to avoid pressing the ribs.
- Perform sternal compressions of approximately 5 cm but not more than 6 cm while ensuring:

- Keep arms straight, elbows locked and perfectly upright.

- Maintain a frequency between **100 and 120 compressions** per minute.

- Ensure a compression time equal to that of the release.

- Between each compression, allow the thorax to return to its original shape, without hands.

- In the presence of multiple rescuers, relay the rescuer who performs chest compressions every 2 minutes with as little interruption as possible to chest compressions (if using a DAE, the relay will be performed during the analysis).



MEMO 7

THE DEFIBRILLATOR

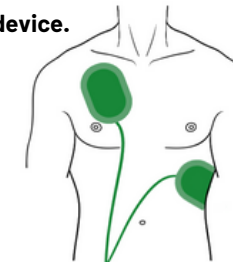


The External Automated Defibrillator (AED) is a device that allows:

- Analyze the electrical activity of the victim's heart.
- To recognize an abnormal electrical function of the heart that causes cardiac arrest.
- **To deliver or invite the rescuer** to deliver an electric shock (voice and visual information), in order to stop the anarchic electrical activity of the heart.

SETTING UP THE DEVICE

- Turn on the defibrillator.
- **Follow the instructions on the device.**
- Unpack and apply the electrodes, on the victim's bare chest, in the position shown on the drawing on the package or on the electrodes.



- When directed by the AED, stop chest compressions, do not touch the victim again and make sure that people around them do the same.
- If the defibrillator announces that shock is required:
 - Ask people around to move away.
 - **Let the AED trigger the electric shock** (fully automatic defibrillator) or **press the "shock" button when requested by the device** (defibrillator semi-automatic).



MEMO EMERGENCY SITUATION GUIDELINES



D-SÉCURITÉ FORMATION

Une marque de D-SÉCURITÉ GROUPE

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a company D-SÉCURITÉ is pleased to offer you this **information memo** reminds you of the conduct to be held in the presence of emergency situations.

The following information is given as a guide and we advise you to train yourself to master the gestures that save and know the behaviors to hold.

MEMO 1

PROTECTION AND WARNING

In an accident situation

IDENTIFY THE DANGERS :

- Perform a cautious approach to the accident area Staying away from the victim, looking around.
- Assess the presence of hazards that may threaten the rescuer and/or victim.
- Identify other persons who may be exposed to the identified hazards.
- Acting without risk to his own safety, he must immediately and permanently remove the surrounding hazards.


PROTECT

After EXAMINING the victim:

HAVE SOMEONE ALERT OR ALERT

call
for help

**15 ou 18
ou 112**



Provide the following information:

- Your phone number
- Your location
- the nature of the problem
- the actions taken

> HANG UP ON OPERATOR INSTRUCTIONS

MEMO 2

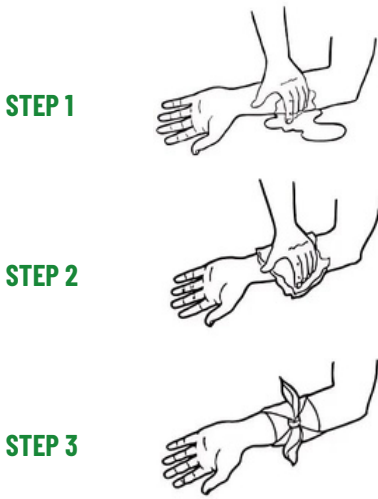
PROFUSE BLEEDING (HEMORRHAGE)

THE SIGNS :

The person has **heavy and continuous bleeding**.

GUIDELINES :

- **Ask the victim to immediately compress** the area that is bleeding or, failing that, do it for him to stop the external hemorrhage (protect yourself by wearing gloves, otherwise slide his hand into a plastic bag).
- Have someone maintain or maintain yourself compression.
- Lie the victim comfortably.
- Faire alerter ou alerter les secours.
- Send an alert or alert the emergency services.
- A compression dressing can replace manual compression only if it has stopped the bleeding.
- Protect the victim from heat, cold or bad weather.



If **direct compression of a limb hemorrhage is ineffective** (the bleeding persists despite everything) **place a garrote over the wound** (between the heart and the wound) to stop the bleeding by performing an improvised garrot.

MEMO 3

THE FAINT

THE SIGNS :

The victim is **conscious, not feeling well and has unusual signs**.

An **unease** is a painful sensation that reflects a disorder in the functioning of the organism, without being able to identify its origin.

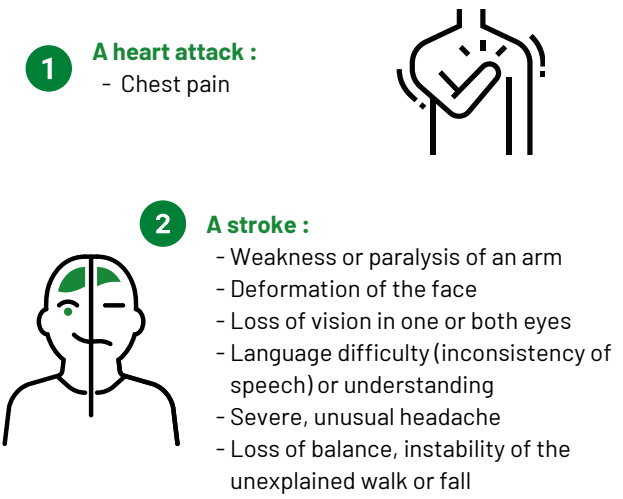
This sensation, sometimes repetitive, can be fleeting or lasting, sudden or progressive.

Some signs must be recognized quickly because the victim's care is urgent.

GUIDELINES :

Put the victim at rest

- Place the victim in a lying position as often as possible.
- **Examine the victim and observe signs of faint.**
- **Ask the victim about** their condition.



Both diseases require urgent management (15).

MEMO 4

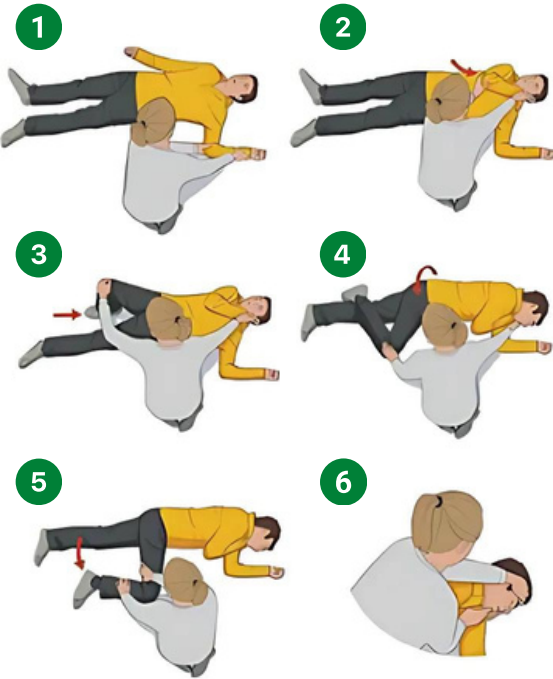
LOSS OF CONSCIOUSNESS

THE SIGNS :

- A person has lost consciousness when they do not **respond to, or react to, verbal or physical solicitation and breathe**.
- Clear the airway.
- Enjoy breathing for up to 10 seconds.

GUIDELINES :

- Place it in a stable side position: in the safety lateral position (SLP).
- Send an alert or alert the emergency services.
- Constantly monitor the victim's breathing until emergency services arrive.



In the case of a traumatized victim, leave the victim on his back with constant breathing control.