

Annex 4 Guidelines for ensuring health and safety at work



TRAUMA PLAN

FOR WORKPLACE: Institute of Chemical Processes, CAS, v. v. i.

Procedure for providing pre-medical first aid

Ensure safety for yourself and the disabled ! Ensure access. In case of electric shock - switch off the electricity. In case of fire, leakage of hazardous substances or the need to rescue the injured person, etc., call the Fire Brigade (tel.: 150, 112).

Ensure basic life functions

In life-threatening conditions, perform resuscitation first, preferably according to the instructions of the ambulance operator (tel. 155).

the casualty is not breathing- perform artificial respiration immediately

cardiac arrest - perform indirect cardiac massage (chest compressions) immediately

unconscious - place the casualty in a stable position on his side

Chemical contamination - contaminated sites rinsed with potable water. Information on first aid is provided by TIS, tel.: **224 919 293** or **224 915 402**

Bleeding - cover the wound with a sterile dressing. If it leaks, use a pressure dressing. Elevate the affected limb. Arterial and other heavy bleeding above the site of injury strangle.

Burns and scalds - minor extent cool with potable water, major extent only cover sterile, do not remove stuck clothing.

Ensure that help is summoned

In life-threatening conditions, call the emergency medical services and perform pre-medical first aid as instructed by the operator ! Call the workplace paramedic.

Workplace health professionals	Persons providing transport for the disabled

Occupational health care:

Fire Brigade	<input type="checkbox"/> 150	Integrated Rescue System <input type="checkbox"/> 112
Medical rescue service	<input type="checkbox"/> 155	
Police of the Czech Republic	<input type="checkbox"/> 158	