

1	Prevention.....	7
1.1	Children.....	7
1.2	Senior citizens.....	9
1.3	Sports and recreation.....	10
1.4	Workplace.....	13
2	First aid is easy.....	14
2.1	Securing emergency locations.....	14
	Road traffic.....	14
	Other emergency situations.....	15
2.2	Rescuing from danger.....	16
	Road traffic – Rescuing from vehicles.....	16
	Other emergency situations – Rescuing from the danger area.....	17
2.3	Emergency numbers.....	17
	Emergency number 112.....	17
	Other important emergency numbers (Germany).....	18
2.4	First aid measures which are always correct.....	18
2.5	Legal issues/insurance cover for first aiders.....	19
3	Wounds.....	20
3.1	Principles of wound care.....	20
	Bandaging materials.....	21
	Treatment by a doctor.....	21
	Protective vaccination against tetanus (lockjaw).....	22
3.2	Heavy bleeding.....	22
	Amputation injury.....	24
3.3	Other wounds.....	24
	Bite wounds.....	24
	Blister on the heel.....	25
	Foreign bodies in body orifices.....	25
	Foreign bodies in the airways.....	25
	Foreign bodies in the eye/eye injury.....	25
	Foreign bodies in wounds.....	25
	Insect sting.....	26
	Tick bite.....	26
	Nosebleeds.....	27
	Tooth injury.....	27

3.4	Various bandages	28
	Elbow bandage	28
	Fingertip bandage	29
	Hand bandage with triangular bandage	29
	Head bandage	29
4	Various injuries and emergencies	31
4.1	Injuries to the musculoskeletal system	31
	Muscle injuries	32
	Joint injuries/bone fractures	33
4.2	Head and abdominal injuries	34
	Brain concussion	34
	Abdominal injuries	34
4.3	Thermal emergencies	35
	Hypothermia	35
	Frostbite	37
	Sunstroke, heat stroke and heat exhaustion	38
	Burns/scalding	39
	Sunburn	40
4.4	Poisoning and chemical burns	41
	Poisoning	41
	Chemical burns	43
5	Acute illnesses and emergencies	45
5.1	Respiratory disorders	45
	Hyperventilation	45
	Bronchial asthma	46
	Foreign bodies in the airways	47
	Insect sting/allergic reaction	49
	Sepsis (blood poisoning)	49
5.2	Cardiovascular system disorders	50
	Heart attack	50
	Electrical accident in the household	51
5.3	Impairments of consciousness	51
	Hypoglycaemia	51
	Stroke	52
	Seizure	53

5.4	Particular features in children – (Acute) childhood diseases	53
	Pseudocroup and epiglottitis	55
	Febrile seizure	55
	Vaccinations	56
6	Unconsciousness.	60
6.1	Impairments of consciousness	60
	Fainting and unconsciousness	60
	Helmet removal	63
7	Cardiovascular arrest.	66
8	Support	72
9	Accident at work	73
9.1	Accident insurance doctor	73
9.2	Documentation of first aid services.	73
9.3	Transport of injured persons or an injured child	74
10	Personal emergency preparedness	75
10.1	Civil protection in the DRK	75
10.2	Self-help and neighbourhood assistance	75
	Useful information.	76
10.3	First-aid kits.	76
10.4	Medicine cabinet.	77
10.5	Red Cross first aid courses.	77
	Bibliography	80