

# First Aid

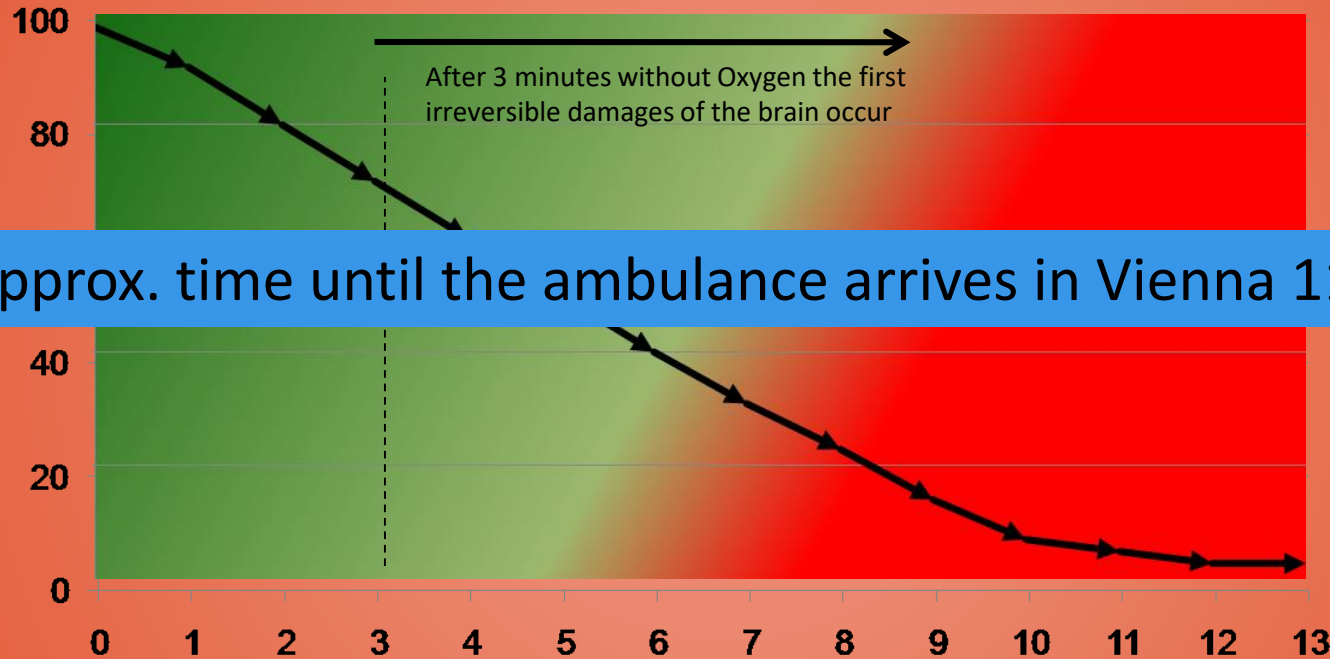
You can do it!

Just do it!

# Some facts

- 3500 people, in Vienna, have a cardiac arrests every year
- Approximately 1050 of those reach a hospital in time
- And only 350 walk out of it again
- If a person with an heart attack does not receive first aid within 3 minutes, the chance of survival decreases by 50%
- EVERYONE CAN HELP

# Time = Survival



Approx. time until the ambulance arrives in Vienna 11 min.



# Essential for the survival: immediate CPR



- Cardiac arrests witnessed in 49 %
- CPR performed by laymen: 42 %

*Nürnbergger et al. Resuscitation 2013*



- Cardiac arrests witnessed in 60 %
- CPR performed by laymen: 1-28 %

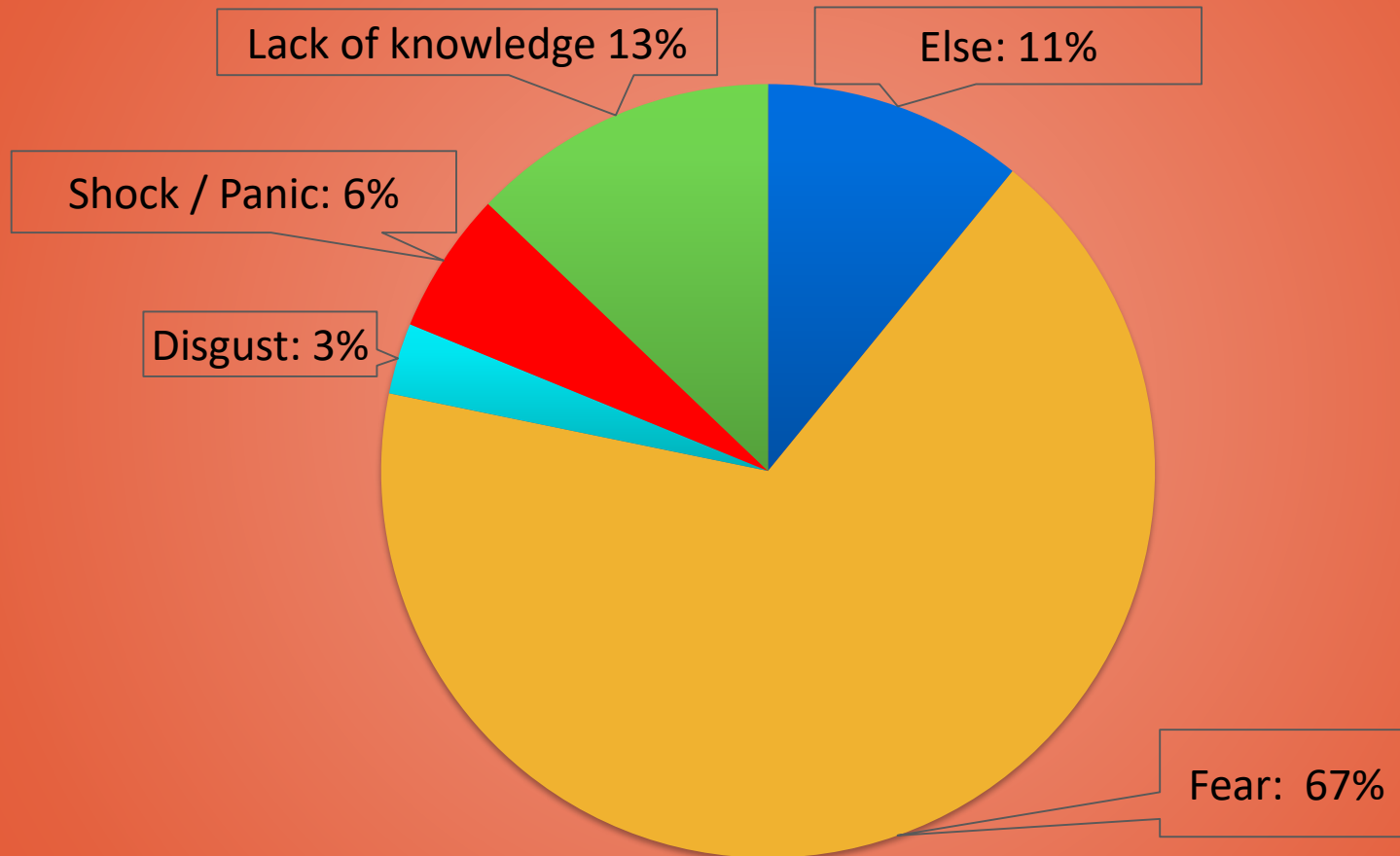
*Neukamm et al. Crit Care 2011*



- Cardiac arrests witnessed in 76 %
- CPR performed by laymen: 65 %

*Berdowski et al. Circulation 2011*

# Why people don't perform CPR?



Völker et al. Notfall Rettungsmed. 2010

# What can I do?

- Safety area
- Talk to the Person
- Call for Help
- Call the ambulance 144 / 112
- CPR (Cardio-Pulmonal-Resuscitation)
- Send someone to look for a Defibrillator
- **CONTINUE FIRST AID UNTIL HELP ARRIVES**

# Safety area



- Never endanger yourself
- Safety area first



# Talk to the person if possible

- Does he/she react?





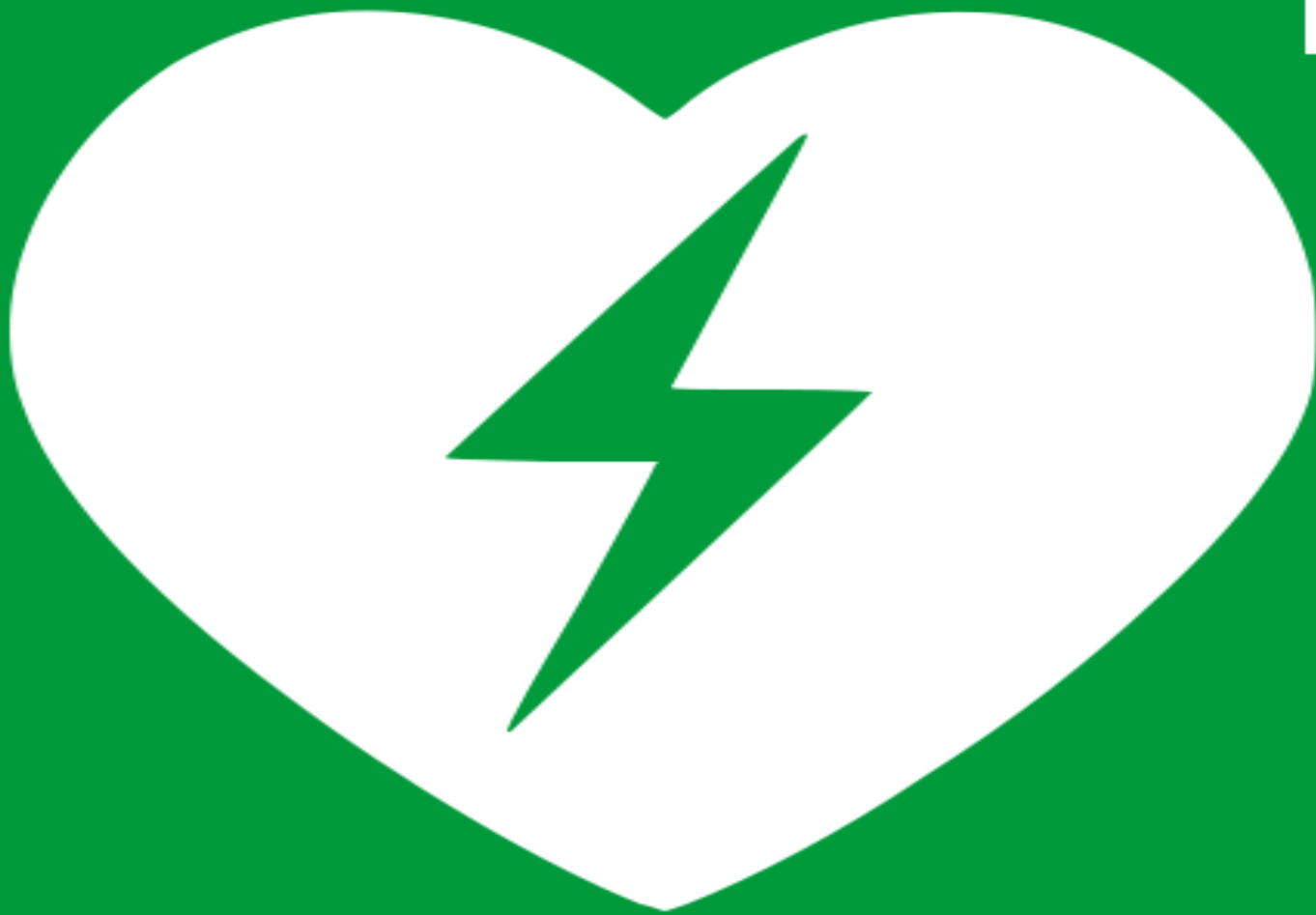
# Call for Help

- Call as loud as you can!



# Call the ambulance

- DON'T HANG UP THE PHONE
- What happened?
- Where did it happen?
- When did it happen?
- Who/How many?



# Main terms

- Safety area
- Call for help
- Don't hang up the phone, when you call the ambulance
- Push deep into the chest
- Push fast and equally
- Continue until the ambulance arrives

# You can do it!