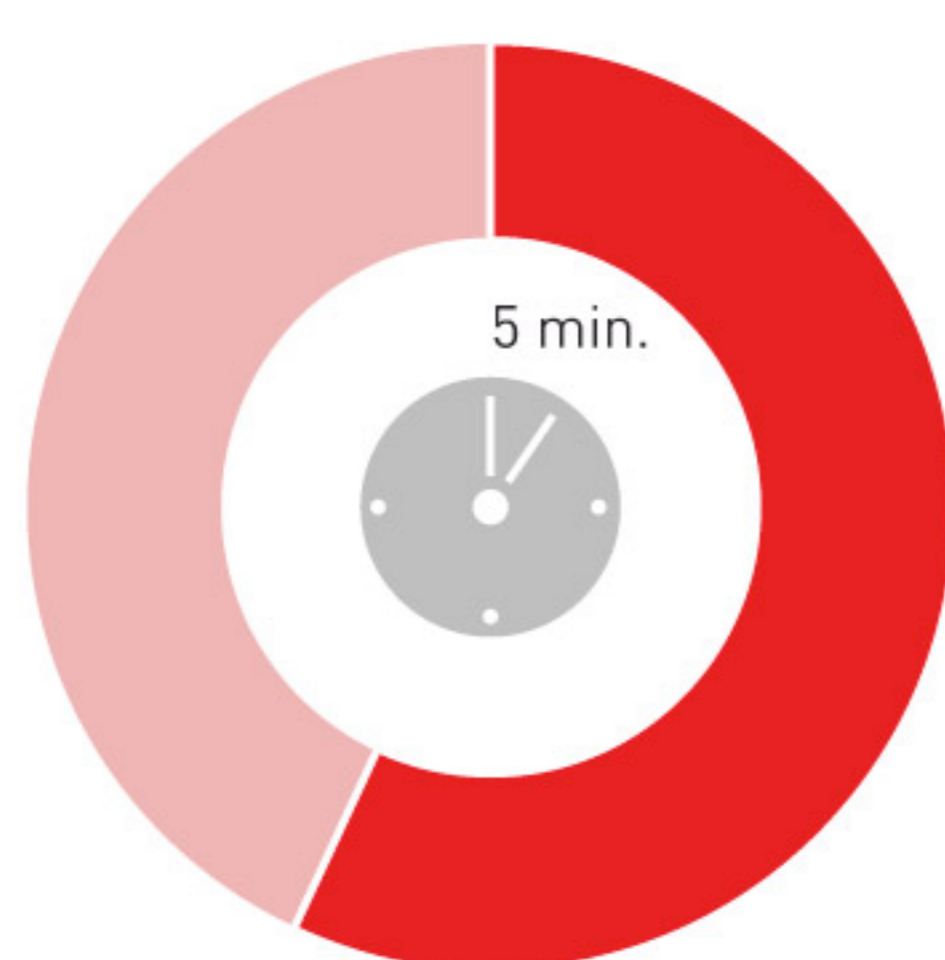


Fundación MAPFRE



FIRST AID: WHAT TO DO IN THE EVENT OF AN ACCIDENT



57%

Most road fatalities occur during the first five minutes after an accident. For this reason, it is essential that you act correctly to save lives

Action protocol in the event of an accident

PROTECT WARN HELP

1 PROTECT

Protect yourself

Put the reflective vest on before getting out of the car

Protect the area

Put the reflective vest on before getting out of the car



Do not get in the way

Park your car so as not to get in the way of traffic, on the hard shoulder or off the road

Be visible

Turn on your warning lights and use warning triangles



2 WARN

Check

Check the site of the accident, vehicles, people involved and the seriousness of their injuries



Call the emergency services

You will need to provide information about the accident



Road name, kilometer and direction



Vehicles involved in the accident



People affected and seriousness of their condition. Mention the presence of any children

3 HELP

While you wait for the emergency services, **you must first help people in the most serious condition**, especially children and more vulnerable people such as the elderly and people with disabilities



Check their pulse and whether they are conscious, breathing or show signs of bleeding or trauma



Never move an injured person unless there is danger of death



If there is bleeding, press the wound with sterile gauze, a cloth or your fist hand



Never give a drink to an unconscious injured person



Never remove the helmet from a biker unless they go into cardiac arrest and you know how to apply ventilation techniques



If you have a knowledge of first aid, this may be the time to do CPR



Place a blanket on the injured person to keep them warm



If the person is unconscious, place them on their side so that they do not asphyxiate with their own tongue

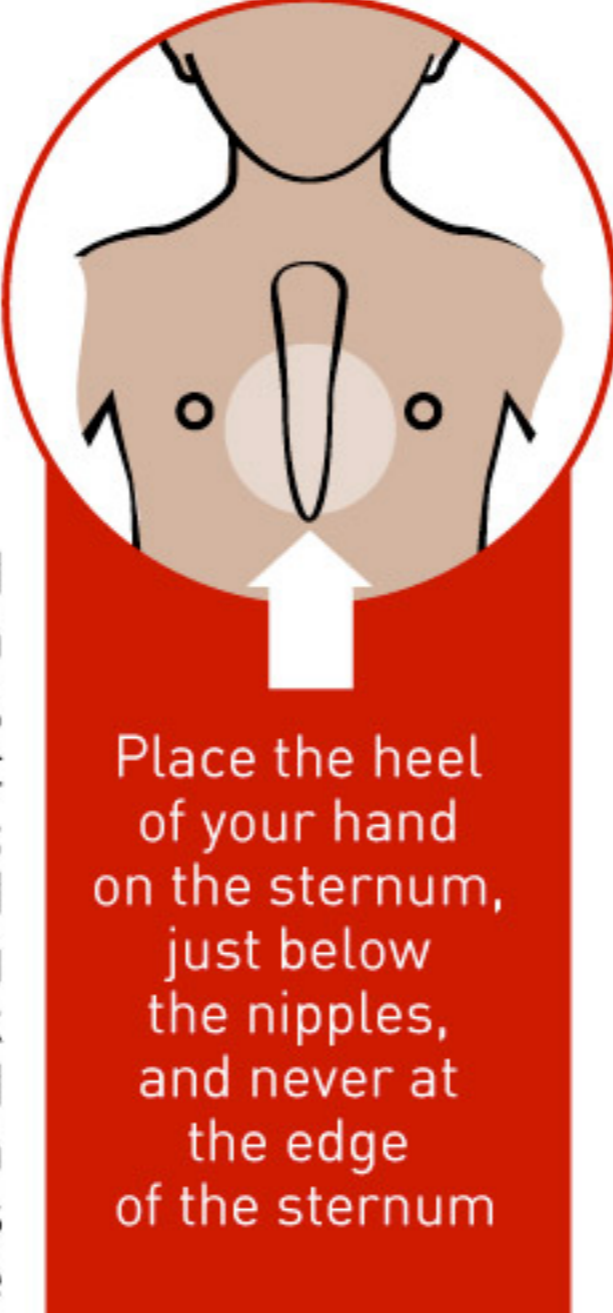
In the case of children, it is vital to begin CPR within three minutes of cardiac arrest

5

rescue breaths

While you wait for the emergency services

If the child does not regain consciousness, apply chest compressions; the child must be lying on their back on a hard surface with their limbs in line



Place the heel of your hand on the sternum, just below the nipples, and never at the edge of the sternum

Hand position



Under 1 year old



1 - 8 years old



Over 8 years old

30

chest compressions

Apply pressure according to age, followed by two breaths; repeat