

Offering Assistance

If ever you find yourself at the scene of a road accident then follow the golden rule - never put yourself at unnecessary risk. However if you can safely offer assistance then this is what you should do.

- Switch on your hazard warning lights.
- If possible place a warning triangle on the road at least 45 metres behind the scene of the accident.
- If anyone requires medical attention then be certain that someone has called an ambulance. If no one has, then make the call.
- Remove any non-injured people away from the scene.
- Make sure all engines have been turned off.
- Make sure no one is smoking a cigarette.

First Aid - Golden Rules

- 1) You must only ever remove an injured person from a vehicle if it is absolutely necessary to do so.
- 2) Only remove a motorcyclist's helmet if it is essential to clear their airways.
- 3) Try and keep anyone who is injured as warm as you can.
- 4) Offer reassurance to any injured person but don't give them anything to eat, drink or smoke.
- 5) If a person is unconscious first check their breathing. Clear any obstruction to the airways and loosen tight clothing. If breathing doesn't restart give mouth-to-mouth resuscitation. To do this, lift the chin and tilt the head backwards. Pinch the person's nostrils and blow into the mouth until you see the chest rise. Repeat every four seconds until the person can breathe without assistance or until an ambulance arrives.
- 6) To stop heavy bleeding you should apply firm hand pressure over the open wound using some clean material.
- 7) If a casualty has burns to the skin then douse the burns with cool liquid but do not remove anything sticking to the burns.

Here's advice from the American Heart Association:

- **Untrained.** If you're not trained in CPR, then provide hands-only CPR. That means uninterrupted chest compressions of about 100 a minute until paramedics arrive (described in more detail below). You don't need to try rescue breathing.
- **Trained, and ready to go.** If you're well trained and confident in your ability, begin with chest compressions instead of first checking the airway and doing rescue breathing. Start CPR with 30 chest compressions before checking the airway and giving rescue breaths.
- **Trained, but rusty.** If you've previously received CPR training but you're not confident in your abilities, then just do chest compressions at a rate of about 100 a minute