

Basic safety rules for work at height are based on many years of experience of the POLYGON Singing Rock members and EU and Czech Republic laws and directives.

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### FIRST AID

#### CALL



For faster progress select the **ZACHRANKA** app on your phone or any other similar app available in your country



#### RESCUE PLAN



It is the duty of every employer to have emergency plan in workplace.

When working at heights, the at least 2 trained and suitably equipped persons are always on site.



#### EQUIPMENT

**FIRST AID KIT** must always be at workplace. The basic equipment of every first aid kit must be:

- gloves
- tourniquet and material for making a pressure bandage
- emergency blanket



The **RESCUE SET** must contain equipment for a specific workplace.

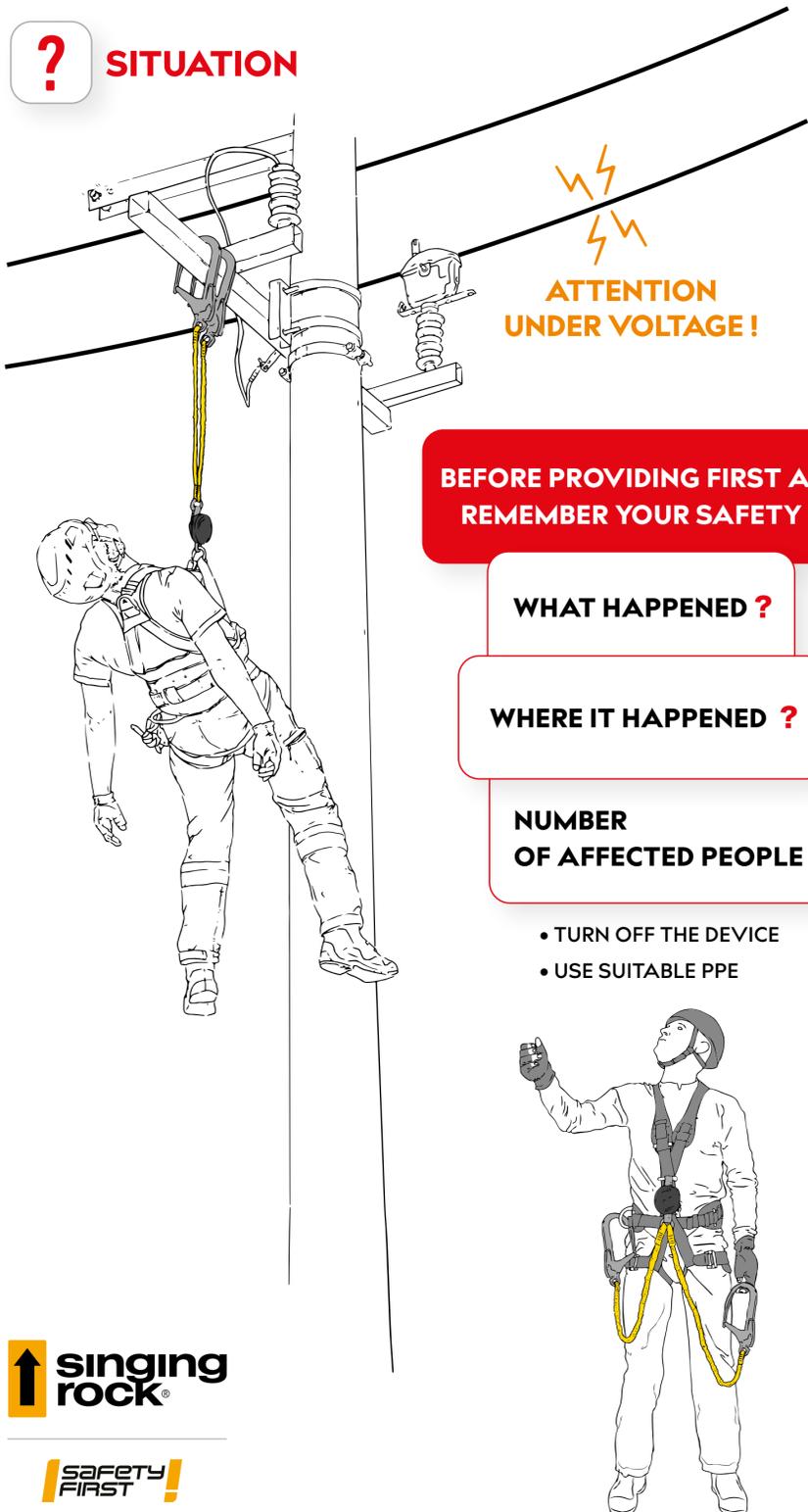
The operator must always be properly trained to work with the **RESCUE SET**.



Watch **SINGING ROCK RESCUE SET** in use



#### ? SITUATION



**BEFORE PROVIDING FIRST AID REMEMBER YOUR SAFETY !**

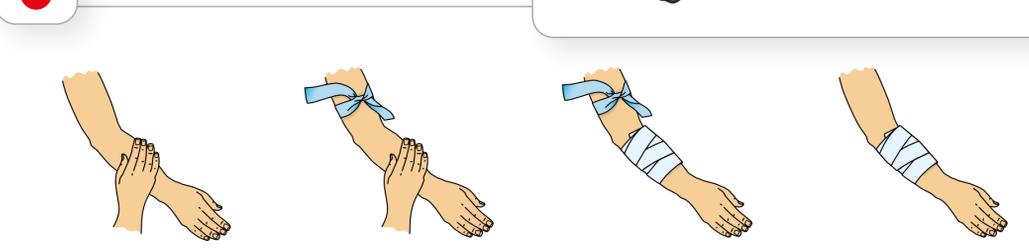
**WHAT HAPPENED ?**

**WHERE IT HAPPENED ?**

**NUMBER OF AFFECTED PEOPLE ?**

- TURN OFF THE DEVICE
- USE SUITABLE PPE

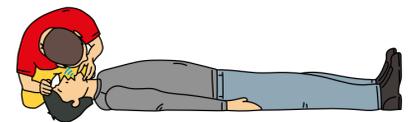
#### STOP MASSIVE BLEEDING



#### HEART FIRST RESPONSE

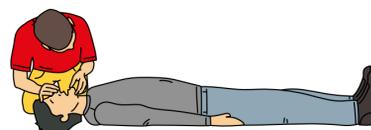
In case of loss of consciousness, when the affected person does not communicate, does not respond to the painful object:

- ROLL THE CASUALTY ONTO HIS BACK
- TILT THE HEAD
- CHECK FOR AIRWAY CLEARANCE
- LISTEN FOR 10 SECONDS TO SEE IF THE CASUALTY IS BREATHING



If the casualty is not breathing, start **CARDIOPULMONARY RESUSCITATION**

- HEAD TILT
- AIRWAY CLEARANCE
- CHEST COMPRESSION 5 - 6 cm FOR AN ADULT PERSON IN A RATIO OF 30 COMPRESSIONS x 2 INHALES



- FREQUENCY CHEST MASSAGE 100 - 120 x min.



We resuscitate until the resumption of vital functions - before the patient begins to breathe normally, or until the arrival of paramedics.

#### MONITORING UNTIL THE ARRIVAL OF EMERGENCY SERVICES

MORE DETAILED EXAMINATION

RECOVERY POSITION

PRESENCE OF THE SECOND PERSON

REGULAR CONTROL

THERMAL COMFORT

