

# CHECK-CALL-CARE EMERGENCY CARD

## 1. CHECK

- Ensure your own safety before helping the victim
- Look out for danger: fire, smoke, traffic etc
- Tap victim's shoulder, shout: "Are you okay?"

## 2. CALL

- Call **112/108** for ambulance
- Ask others nearby to help
- Ask bystanders to manage traffic and secure the scene

## 3. CARE

- Check for pulse next to the windpipe for 5-10 sec.
- No pulse? Start **CPR**:
  - **Compress center of chest 100-120 times/min**
- Continue till help arrives or victim responds
- If bleeding, apply pressure on wound

# EMERGENCY NUMBERS

## National Emergency Helpline No. - 112

- |    |           |         |
|----|-----------|---------|
| 1. | Delhi     | 112/102 |
| 2. | Mumbai    | 108     |
| 3. | Bengaluru | 108     |
| 4. | Pune      | 108     |
| 5. | Gurugram  | 108     |

- |     |           |         |
|-----|-----------|---------|
| 6.  | Chennai   | 108     |
| 7.  | Hyderabad | 108/100 |
| 8.  | Ahmedabad | 108     |
| 9.  | Jaipur    | 108/100 |
| 10. | Kolkata   | 100     |

Police : 100/112

Fire : 101

Your City:

Support us here:

