

## CHECK

- 1 Ensure the scene is safe before approaching the victim. Look for any hazards such as fuel, live electrical wires, etc.
- 2 Avoid direct contact with blood and body fluids. Use disposable gloves if available.
- 3 Check the level of consciousness of the victim by tapping on shoulder and shouting "Are You OK"?

## CALL - For Help

Call on 112 for help (National emergency helpline Number)

## CARE - To Save Life

- 1 In case of no response, shift the victim to the police vehicle or Ambulance using a Stretcher/Spine Board /Ground lift technique, while ensuring neck and spine remain in a secure position during this process & transportation.
- 2 Check pulse for at least 5-10 second by placing two fingers on the neck below lower jaw bone. If there is no pulse start CPR immediately.
- 3 **CPR**
  1. Kneel beside the victim.
  2. Put the heel of your palm on the Centre of breast bone of the victim (i.e. between the two nipples). Place your other hand over that hand locking your fingers together.
  3. Position your shoulders over the hand keeping your elbow straight.
  4. Give at least 100-120 chest compressions/Minute and then check for pulse, compress the chest at least 1/3rd of Anterior-Posterior diameter of the chest and allow the chest to rise completely before pressing down chest again.
  5. Continue the cycle of chest compression (100-120 / Minute) and check pulse until you reach hospital or the victim regains consciousness.
- 4 Heavy bleeding **MUST** be stopped by applying direct pressure on the wound.
- 5 Do not attempt to remove any foreign object (knife, iron rod etc.) lodged in the body. Such objects are best removed surgically in a hospital.

## EMERGENCY NUMBERS

**Ahmedabad**  
108

**Bangalore**  
108

**Chennai**  
108

**Delhi**  
112/102

**Gurgaon**  
108

**Hyderabad**  
108/100

**Jaipur**  
108/100

**Kolkata**  
100

**Lucknow**  
112/108

**Mumbai**  
108

Your City: \_\_\_\_\_

**National Emergency Helpline No. - 112**



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