

Traffic incident

First aid

Park safely

Watch out for physical danger (traffic ...)

Set Your hazard lights flashing

Put on a high visibility jacket

Set up a warning triangle

- in a motor way at least 50 m from crashed car

- in a speed way at least 100 m

Switch off the engine of crashed car

Apply a handbrake

Check vital functions of the casualty

Call the ambulance

Do not move the casualty unless it is absolutely necessary

We remove the casualty in a case of fire or
in a case of necessary CPR (no breathing, no circulation)

In a case the casualty is breathing and is unconscious:
we keep him in the same position (holding his neck, because
we have to assume he has a neck injury)

We stop bleeding and monitor vital signs

In a case the casualty is breathing and is conscious:
we keep him in the same position and stop bleeding

We ask about the pain in back, chest, abdomen, extremities

We check active movements and sensation of his extremities