





Universität Stuttgart



First Aid at IMS

We can help you

		
Antje Schweitzer	2.012	81376
Sabrina Stehwien	2.016	84577
Stefanie Anstein	2.019	81387
Boris Haselbach	1.014	81392
Sabine Keller (ITI)	1.003	88271
Edgar Hoch	0.008	81350
Ina Rösiger	0.011	81330

We can bridge the time between accident and ambulance.

We are not medical staff!

Mailing list: `ersthelfer-fzi@ims.uni-stuttgart.de`

First aid in Germany

- Always call **112**, nothing else!
If you don't know what to do, call 1-1-2!
- @IMS: Don't dial »0« before emergency calls.
- Don't do nothing, **you must help!**
→ non-assistance can be prosecuted
- The people at **112** can help you from remote.
- Act to the best of your knowledge and belief.
- Don't worry about legal issues.
- Don't put yourself in danger! Call **112** instead.

Just in case ...

- Don't panic and,
if possible, send for one of the **first aiders!**
- Secure the accident site
- Take care of injured people
- Call **112**: 5 W's
 - **W**o geschah es? (**W**here did it happen?)
 - **W**as geschah? (**W**hat did happen?)
 - **W**ie viele Verletzte? (**W**how many people are injured?)
 - **W**elche Arten von Verletzungen? (**W**hat kind of injuries?)
 - **W**arten auf Rückfragen! (**W**ait for queries!)
- Follow their instructions
- Give directions to/fetch the rescue service
- Repulse spectators

If you find somebody lying on the floor ...

- ... and one of the first aiders is not around ...
- **check breathing!**
 - If person is breathing:
 - stable side position, continue to check breathing
 - If person is not breathing:
 - perform CPR (cardiopulmonary resuscitation) until ambulance arrives, do not stop before!
 - compression to ventilation ratio of 30:2
 - get an AED, but don't leave the emergency site!
- Ask somebody for help
- Call **112**
- Maybe consider taking a first-aid lesson?

First aid box

- Everybody can use it!
- In the **kitchen (2nd floor)**
- Plasters, bandages, compresses, etc.
- **No** medication
- **Always** fill in a *Verbandbuch* form
→ insurance issues
- **Use it with care and responsibility: it can save your life or the lives of others!**



VERBANDBUCH DER UNIVERSITÄT STUTTGART			
zur Dokumentation der Erste-Hilfe-Leistung gemäß § 24 UVV „Grundsätze der Prävention (GUV-V A1) und dem Handbuch der Verwaltung E 1 – 2.6			
An der Zentrale Verwaltung Abt. Sicherheitswesen Plattenwaldring 59		Abstander (Stempel der Universitätsverwaltung)	
NAME UND VORNAME DES/DER VERLETZTEN/VERWUNDENEN			
ANGABEN ZUM HERGANG DES UNFALLS BZW. GESUNDHEITSSCHADENS			
Datum und Uhrzeit		Ort	
Hergang			
Namen der Zeugen			
Art und Umfang der Verletzung bzw. Erforschung			
ERSTE-HILFES-LEISTUNG			
Datum und Uhrzeit		Name des Ersthelfers	
Art und Weise der Maßnahmen			

Do you know where to find ... ?

the first aid box?



the fire extinguishers?



the emergency exits?



our meeting point?



- Watch out for these signs!
- Keep in mind that **emergency exits must not be blocked!**
- There are **emergency phones** next to the elevator.
- Meeting point is again at its original place:
between **Pfaffenwaldring 7** and **Pfaffenwaldring 5**

Do you know where to find ... ?

the next **Automated External Defibrillator (AED)**?
(→ device that assists you while you perform CPR)



- The next AED is in the **computer science building** (Universitätsstraße 38), on the ground floor.
- When you enter the building (coming from the IMS) ...
2nd aisle on the right, and then right behind the glass door



In case of fire

- Press **fire alarm button**!
 - alarm to the fire brigade
- Do **not** press *Rauchabzug* ('flue')!
 - it activates the vent; for the fire fighters
- Call **112** (5 W's)
- Don't put yourself in danger!
- **Iff possible**: attempt to extinguish the fire
- Leave the building and thereby
 - take people at risk with you,
 - close the doors,
 - don't use the elevator.
- Go to the meeting point.
- Note: The smoke detectors also issue an automatic alarm to the fire brigade



Take electricity serious! ⚡

- Electrical accident:
 - Don't touch people that might be current-carrying!
 - Call **112** (5 W's) and wait for their instructions
- Even minor electric shocks can cause cardiac arrhythmia (up to 24 h after the shock)!
 - **consult medical services**
- Don't modify the electrical wiring without consulting one of the system administrators
- Don't plug multiplugs into multiplugs (no recursion)
- Don't create tripping hazards with wires

Take your health serious!

- Raise the awareness of others
for **your individual health condition!**
- Talk to a confidant/your office mate/us/...
about medical issues, e.g. epilepsy or diabetes.
- **Arbeitsmedizinischer Dienst**
(Pfaffenwaldring 59, ☎ 6 45 45, 8am – 5pm)
offers medical checkups for office workers
- Registrations form:
<http://www.uni-stuttgart.de/zv/sicherheit/amd/formulare>

Questions?

