

# First aid for electrical accidents

Is it a high voltage accident?

## ⚠ Step 1: Ensure safety

### HIGH VOLTAGE

- Do not go near the power source and/or the victim (min. 10 meters)
- Call the emergency number

 **112**

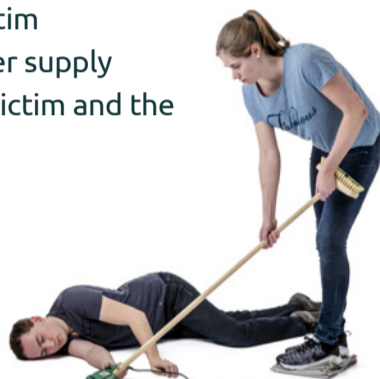
Leave it to the emergency services to rescue the victim



### LOW VOLTAGE

Is the victim still in contact with the energy source?

- YES**
- Do not touch the victim
  - Disconnect the power supply
  - Try to separate the victim and the power source



**NO**

## 👁 Step 2: Assess the victim's condition

Determine what is wrong.

! Use the back of your hand for the initial contact with the victim !

### Check responsiveness

- ask loudly "Are you okay?"
- shake shoulders gently

Is the victim conscious?

**NO**

**YES**

Determine what is wrong.

### Open the airway

- tilt the head back
- lift the chin up

### Check for breathing

- look, listen, feel (max 10 sec)

Is the victim breathing?

**YES**

**NO**

## 📞 Step 3: Get specialist help

 **112**

- Get specialist help if the victim reports feeling "strange" for a while
- Call the emergency number if the victim has serious injuries and/or in doubt

Call the emergency number

 **112**

## 👉 Step 4: Administer first aid

Administer first aid in accordance with the injuries (for example, cool any burns)

**Recovery position**  
Monitor the victim's responsiveness and breathing

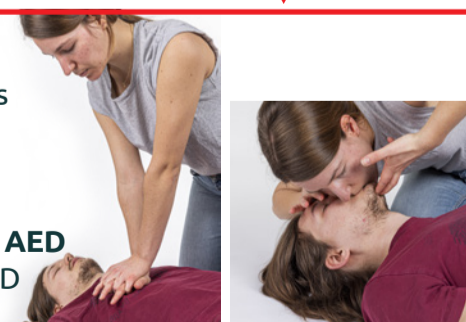


### Start CPR

- 30 chest compressions (5-6 cm, 100-120/min)
- 2 rescue breaths

### Ask someone to get an AED

- follow instructions AED



Want to know more about first aid? Find more information on our website:  
[www.rodekruis.be/firstaid](http://www.rodekruis.be/firstaid)



Belgian  
Red Cross  
Flanders

helps  
people help