



54072



INSTRUCTION MANUAL

**FIRST AID KIT DIN13157**

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**1****Important Notice for First Aid**

Emergency Dispatch Center  
(Emergency Number):

First Aider:

Company Paramedic:

First Aid Supplies:

Medical Room:

First Aid Doctors:

Occupational Accident Insurance  
Consultant Doctors:

Hospitals:

Learn to Help      become a First Aider

## Basic Procedure When Finding an Injured Person

Stay calm

Secure the accident scene

Ensure your own safety

If necessary, rescue the injured person from the danger zone



Rautek Rescue rip

### Content of the Emergency Call

**Where did it happen?** Provide the accident location, e.g., place, street, floor, section of the facility

**What happened?** Accident, fire, injury, illness, special hazards

**How many injured?** e.g., life-threatening injuries, unconsciousness

**What type of injuries?** Respiratory arrest, cardiac arrest

**Wait** for follow-up questions



# 3

## Immediate Life-Saving Measures

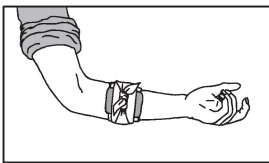
The most important steps to save a life

**Check consciousness:**

Speak loudly, touch, shake.

**Consciousness present**

: Act appropriately to the situation, e.g., treat wounds.



## Emergency call

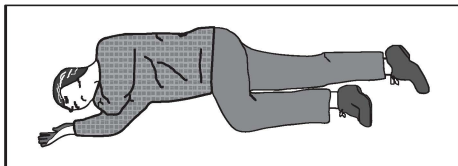


**Consciousness not present:**

Check breathing Clear airway,  
tilt head back, look, listen, feel.

**Breathing present:**

Recovery position



**Breathing not present:**

See next page →

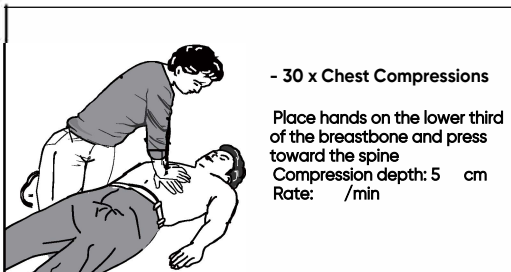
Continuous monitoring of breathing and consciousness

If breathing is not present:

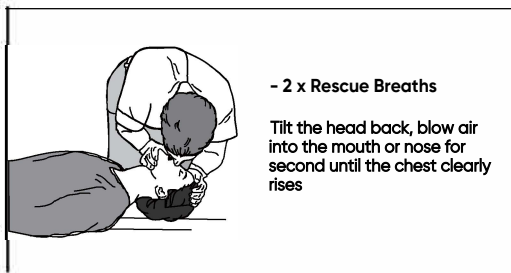


**Emergency call**

**\* Retrieve AED**



**Alternate with**

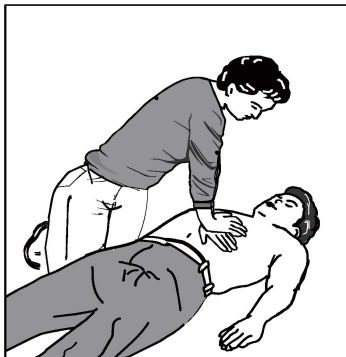


**AED\*** If available follow the instructions of the Automated External Defibrillator

Immediate measures in cases of impaired consciousness, breathing, and circulation are explained in detail on pages , , and .

## 4 Immediate Life-Saving Measures

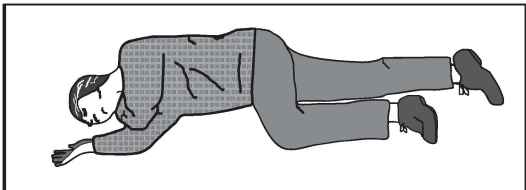
### Chest Compressions



- Lay the injured person flat on a hard surface
- Expose the chest
- Kneel beside the upper body
- Place the heel of one hand on the lower third of the breastbone
- Place the heel of the second hand on top of the first (apply pressure only on the breastbone)
- With straightened arms, press down on the breastbone 30 times, 5-6 cm deep, releasing after each compression
- 30 x chest compressions (compression rate 100-120/min), alternate with 2 x rescue breaths
- Repeat until breathing starts or emergency services take over

**Rescue Breathing**

- 2 x rescue breaths alternating with chest compressions
- Tilt the head back
- For mouth-to-mouth breathing: pinch the nose closed, blow air into the mouth for 1 second until the chest visibly rises
- For mouth-to-nose breathing: close the mouth, blow air into the nose for 1 second until the chest visibly rises

**Recovery Position**

- Straighten the unconscious person's legs
- Place the arm closest to you bent upward, palm facing up
- Place the far hand, palm against the cheek closest to you, and hold it in place
- With your free hand, grab the far thigh (not at the joint), bend the leg, and pull the person toward you
- The bent leg should rest at a right angle to the hip
- Now tilt the head back and open the mouth if needed, adjust the hand under the cheek to keep the head tilted back
- Continuously monitor breathing

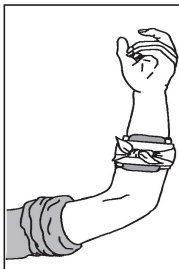
# 7

## Bleeding

**Recognition:** - bleeding wounds may be hidden by the injured person's position or clothing

**Principle:** - Ensure self-protection and wear disposable gloves

**Measures:**

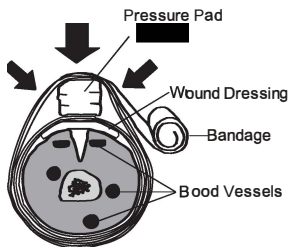


- The wound should be covered with a sterile dressing
- If necessary, place the person in the shock position
- Apply a pressure bandage if required

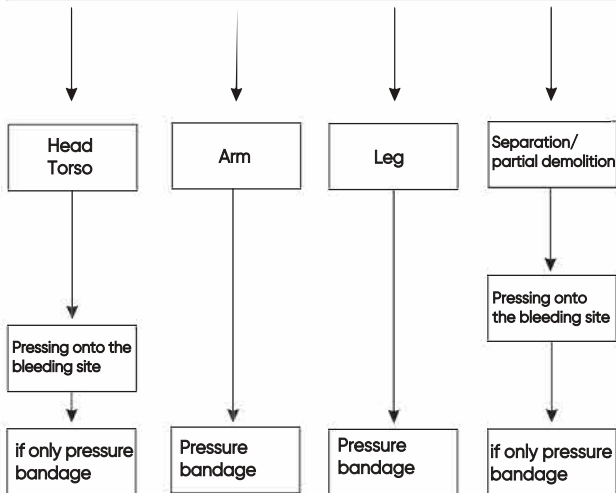
**Applying a Pressure Bandage:**

- Place a wound dressing directly on the wound and secure it
- Place a pressure pad (e.g., a dressing pack) on top of the wound dressing
- Wrap tightly with bandages

## Pressure Bandage



## Threatening bleeding from wounds



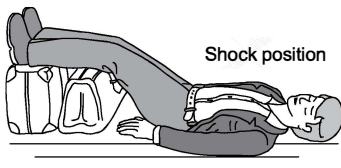
## Demolition of cooper parts

### Measures:

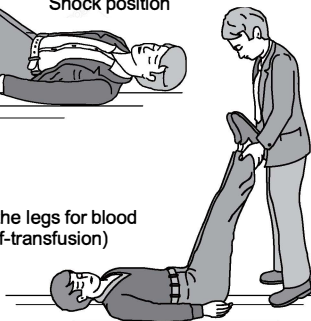
- Find the severed body part, do not wash it off
- Wrap in aseptic, cool dressing material as found
- Place in replantation bag

- Recognition:**
- Shivering and trembling
  - Pale, cold skin
  - Sweat on the forehead
  - Noticeable restlessness
  - These symptoms may not all appear or may not appear at the same time

- Measures:**
- Ensure adequate rest
  - Stop any bleeding if necessary
  - Provide protection (e.g., place something under the person or cover them)
  - Lay the person in the shock position
  - Offer comforting words
  - Continue monitoring consciousness and breathing



Elevating the legs for blood return (self-transfusion)





- Recognition:**
- Usually severe pain
  - Abnormal position / restricted movement
  - Shortening of limbs
  - Loss of function
  - Protective posture
- Measures:**
- Immobilize in the position found
  - Do not move the body part with the fracture
  - If spinal injury is suspected, avoid changing the person's position
  - For open fractures, cover wounds with sterile dressings
  - Cool the joints

- Measures:**
- Immediately stop and extinguish any burning on the person
  - Remove clothing contaminated with hot substances immediately
  - Do not remove clothing that is stuck to the skin
  - Cool affected areas with running water until the pain subsides (approx. to 5 min)
  - Cover with sterile burn dressing
  - Protect from heat loss

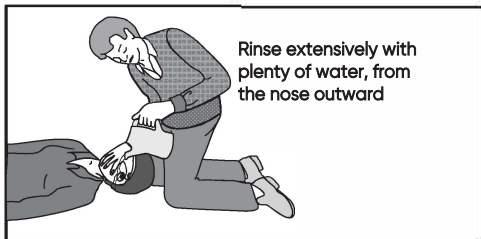
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Wf]WU'Ug'h\Y'YZYWg'a UmUddYUf'XY'UmYX"

Df]bV]d'Y.

- Ensure self-protection by wearing protective gloves and a mouthguard
- Ensure adequate rest for the body
- Important: Always seek medical attention from a specialist
- Do not induce vomiting
- Arrange for medical treatment

Df]bV]d'Y.

- Eyes Must be rinsed thoroughly with water
- Remove any remaining solid substances mechanically using a damp cloth
  - Use a sterile protective dressing



#### Measures for Skin:

- Remove burned clothing, including underwear and shoes
- Rinse the skin with plenty of water
- Treat any resulting wounds with sterile dressings

#### Measures for Swallowing:

- Immediately rinse the mouth thoroughly several times
- To achieve a dilution effect, administer water in small sips

#### Measures for Respiratory Organs:

- Chemical burns from irritant gases (e.g., chlorine, nitrogen oxides) should always be assessed by the company doctor as part of first aid
- First aiders should be properly trained in this regard

## Poisoning by Inhalation, Contact, or Ingestion

- Recognition:**
- Information from the injured person and others
  - Look for signs of toxic substances

- Principle:**
- Ensure self-protection, such as using protective gloves and respiratory protection

- Measures:**
- Remove the poisoned person from the danger zone
  - Determine the duration of exposure to the poison (which substances, concentration, amount)
  - If necessary, secure any remaining poison
  - Do not induce vomiting
  - Arrange for medical treatment

- Skin:**
- Immediately remove poisoned clothing (including underwear and shoes)
  - Rinse the skin thoroughly with water or a special rinse solution
  - Cover any wounds with sterile dressings

- Swallowing:**
- Immediately rinse the mouth thoroughly

### Respiratory Organs:

In cases of danger from toxic substances, specific first aid measures should be determined by the company doctor (e.g., oxygen, antidotes) and first aiders should be properly trained

- Recognition:** - In every electrical accident, expect the possibility of cardiac arrest
- Principle:** - Ensure self-protection
- Measures:** - Always ensure the power is cut off first, e.g., unplug, switch off, or activate the circuit breaker

**Measures for Low Voltage over 1000 Volts**

- Principle:** - Ensure self-protection, keep a 5-meter distance, and immediately report the emergency as an "electrical accident"

- Principle:** - Ensure self-protection, keep a 5-meter distance, and immediately report the emergency as an "electrical accident"
- Measures:**
- Continuous monitoring of consciousness
  - Continuous monitoring of breathing
  - Provide care according to the person's condition
  - Arrange for medical treatment

**Measures for unknown voltages**

- Principle:** - Pay attention to self-protection, keep a distance of 5 m and report an 'electrical accident' emergency call immediately
- Measures:** assistance in the event of an electrical accident:
- constant control of consciousness
  - Constant control of breathing
  - Care depending on condition
  - Medical treatment

## 14 Documentation of First Aid Actions

The documentation of a first aid action must be kept for at least 5 years and should contain the following information:

### Report on the circumstances of the accident and the injured person

Name of the injured person	
Date and time	
Department and work area	
Name of the witness	
Type and extent of the injury	
Type and extent of the illness	
Description of the incident	

### First Aid Measures

Name of the first aider	
Date and time	
Description of the measure taken	
First aid materials used / removed	

**DIN 13157:2021**DIN  
13157:2021**Anwendungsbereich**

Dieser Inhalt soll die Erste Hilfe am Unfallort fachgerecht ermöglichen und ist bestimmt für Verwaltungs- und Handelsbetriebe bis 50 Personen, Herstellungs- und Verarbeitungsbetriebe bis 20 Personen, Baustellen bis 10 Personen

**Inhaltsverzeichnis**

Menge	Bezeichnung
1	Heftplastaspule DIN 13019-A 5 m x 2,5 cm
1	Set in Druckverschlussbeutel: 12 Wundschnellverband DIN 13019-E 10 cm x 6 cm
1	Set in Druckverschlussbeutel: 6 Fingerkuppenverband 6 Wundschnellverband DIN 13019-E 12 cm x 2 cm 6 Pflasterstrip 1,9 cm x 7,2 cm 12 Pflasterstrip 2,5 cm x 7,2 cm
1	Verbandpäckchen DIN 13151-K, einzeln steril
3	Verbandpäckchen DIN 13151-M, einzeln steril
1	Verbandpäckchen DIN 13151-G, einzeln steril
1	Verbandtuch DIN 13152-A 60 cm x 80 cm, einzeln steril
3	Pa. á 2 Wundkompressen 10 cm x 10 cm, paarweise steril
2	Augenkompreſse 5,5 cm x 7,5 cm, einzeln steril
1	Kälte-Sofortkompreſse
1	Retlungsdecke 160 cm x 210 cm, ſilber/gold
2	Fixierbinde DIN 61634-FB 6 6 cm, cellophaniert
2	Fixierbinde DIN 61634-FB 8 8 cm, cellophaniert
2	Dreiecktuch DIN 13168-D Vlies
1	Schere DIN 58279-B 190
2	Folienbeutel 30 cm x 40 cm
1	Btl. á 5 Vliesstofftuch 20 cm x 30 cm
1	Btl. á 4 Vinylhandschuhe DIN EN 455
1	Anleitung zur Erſten Hilfe bei Unfällen mit Inhaltsverzeichnis
2	Gesichtsmasken, Typ I nach DIN EN14683
4	Feuchttuch zur Reinigung unverletzter Haut

**DIN 13169:2021**DIN  
13169:2021**Anwendungsbereich**

Dieser Inhalt soll die Erste Hilfe am Unfallort fachgerecht ermöglichen und ist bestimmt für Verwaltungs- und Handelsbetriebe ab 51 Personen, Herstellungs- und Verarbeitungsbetriebe ab 21 Personen, Baustellen ab 11 Personen

**Inhaltsverzeichnis**

Menge	Bezeichnung
2	Heftplastaspule DIN 13019-A 5 m x 2,5 cm
2	Set in Druckverschlussbeutel: 12 Wundschnellverband DIN 13019-E 10 cm x 6 cm
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4	Gesichtsmasken, Typ I nach DIN EN14683
8	Feuchttuch zur Reinigung unverletzter Haut

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