

Basic safety rules for work at height are based on many years of experience of the POLYGON Singing Rock members and EU and Czech Republic laws and directives.

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FIRST AID



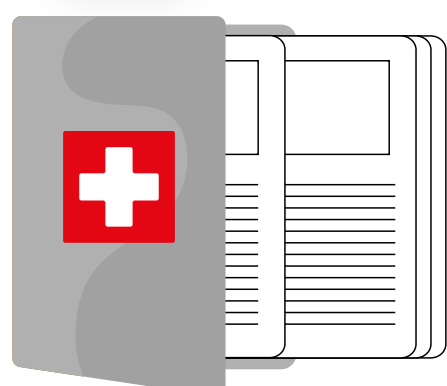
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RESCUE PLAN



It is the duty of every employer to have emergency plan in workplace.

When working at heights, the at least 2 trained and suitably equipped persons are always on site.



EQUIPMENT

FIRST AID KIT must always be at workplace. The basic equipment of every first aid kit must be:

- gloves
- tourniquet and material for making a pressure bandage
- emergency blanket



The **RESCUE SET** must contain equipment for a specific workplace.

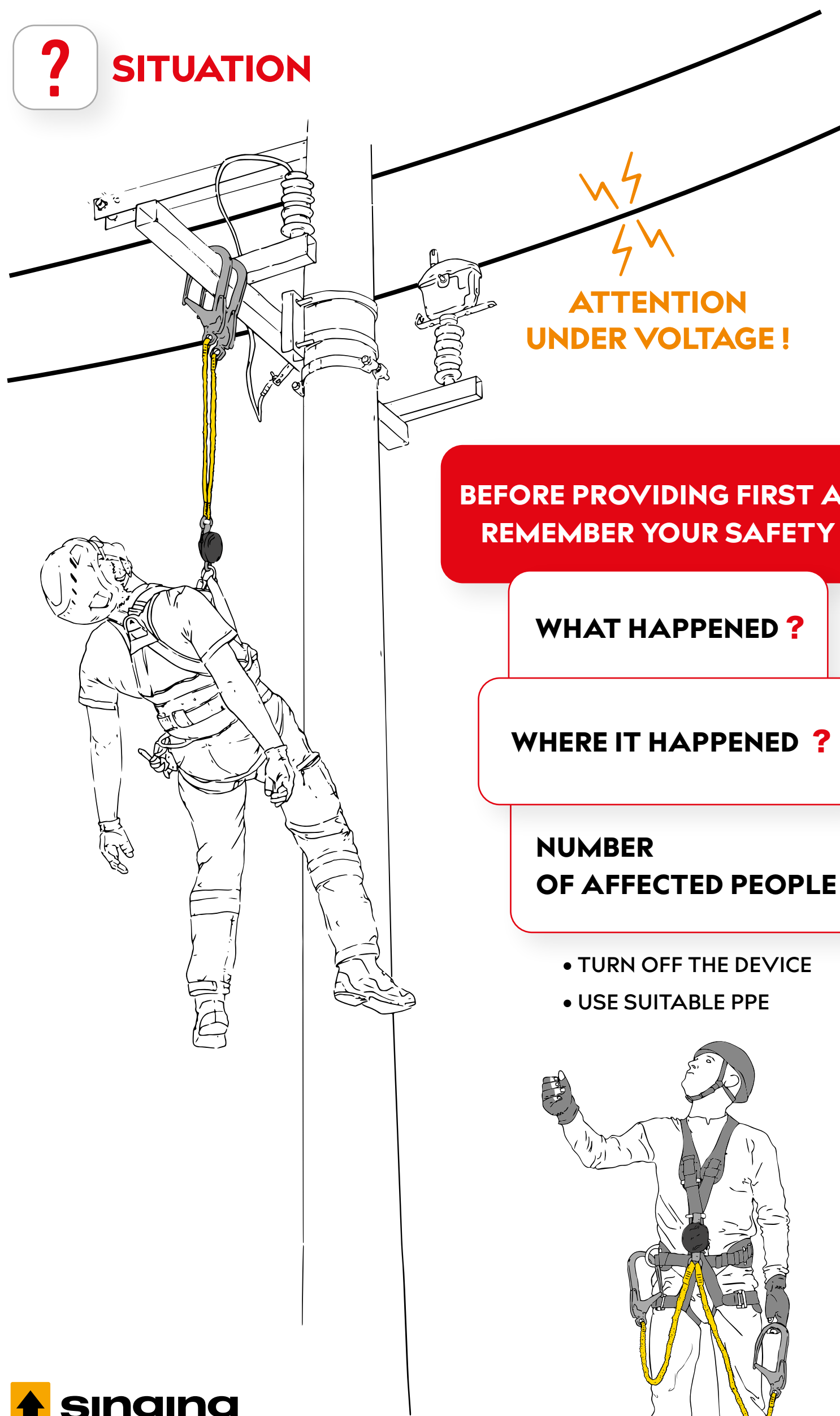
The operator must always be properly trained to work with the **RESCUE SET**.



Watch **SINGING ROCK RESCUE SET** in use



SITUATION

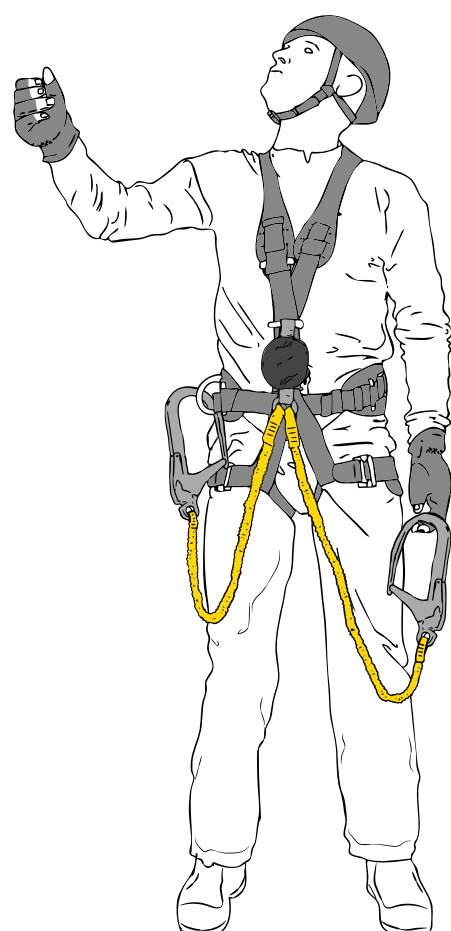


WHAT HAPPENED ?

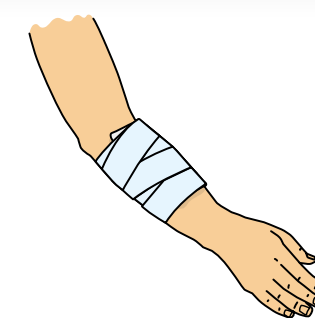
WHERE IT HAPPENED ?

NUMBER OF AFFECTED PEOPLE ?

- TURN OFF THE DEVICE
- USE SUITABLE PPE



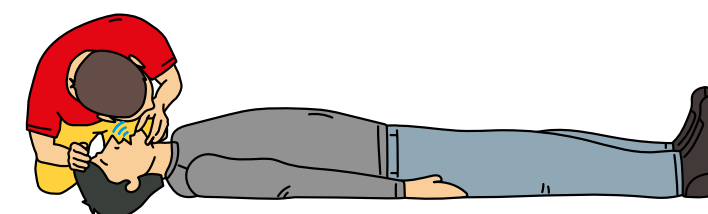
STOP MASSIVE BLEEDING



FIRST RESPONSE

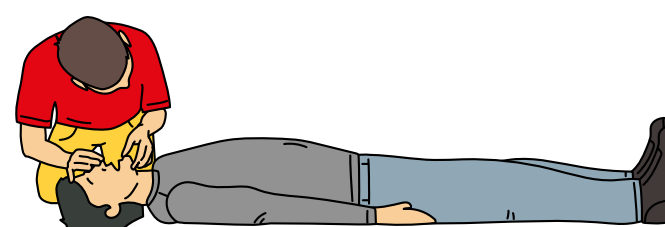
In case of loss of consciousness, when the affected person does not communicate, does not respond to the painful object:

- ROLL THE CASUALTY ONTO HIS BACK
- TILT THE HEAD
- CHECK FOR AIRWAY CLEARANCE
- LISTEN FOR 10 SECONDS TO SEE IF THE CASUALTY IS BREATHING



If the casualty is not breathing, start **CARDIOPULMONARY RESUSCITATION**

- HEAD TILT
- AIRWAY CLEARANCE
- CHEST COMPRESSION 5 - 6 cm FOR AN ADULT PERSON IN A RATIO OF 30 COMPRESSIONS x 2 INHALES



- FREQUENCY CHEST MASSAGE 100 - 120 x min.



We resuscitate until the resumption of vital functions - before the patient begins to breathe normally, or until the arrival of paramedics.



MONITORING UNTIL THE ARRIVAL OF EMERGENCY SERVICES

MORE DETAILED EXAMINATION

RECOVERY POSITION

PRESENCE OF THE SECOND PERSON

REGULAR CONTROL

THERMAL COMFORT

