

ELECTRIC SHOCK

RESCUE PROCEDURE

■ **DANGER:** Check for your own safety and the safety of the bystander and casualty.

ISOLATE THE ELECTRICITY

High Voltage: Wait until the electricity is turned off.

Low Voltage (240/415): Immediately switch off the electricity. If this is not practicable pull or push the casualty clear of the electrical contact using dry non-conducting material (wood, rope, clothing, plastic or rubber).

DO NOT USE METAL OR ANYTHING MOIST.

RESUSCITATION

REMEMBER: Electric shock may stop the victim's breathing. Delay in rescue and resuscitation may be fatal.

Immediately send for help and commence —

RESPONSE: Check for response, gently shake and loudly shout, if no response, then:

Step 1: AIRWAY

Turn the casualty on their side as for the Recovery position: Open mouth and check for any obstructions. If present clear then open airway.



Step 2: BREATHING

Check breathing for up to 10 seconds.

LOOK: For chest movement.

LISTEN: For breathing.

FEEL: For breathing on your hand.



Step 3: If no breathing, turn casualty on their back and give:

A: 2 Rescue Breaths

1. Tilt the head back and open airway.
 2. Pinch nose.
 3. Seal your mouth over casualty's mouth.
 4. Blow casualty's mouth until chest rises.
- Give 2 quick breaths. Check breathing and circulation for 10 seconds. If no signs of life commence CPR until signs of life return.



B: Mouth to Nose Resuscitation

1. Close casualty's mouth.
2. Lift and tilt chin.
3. Blow into casualty's nose.

Step 4: CIRCULATION C.P.R.

Position hands on lower half of breast bone.
Give 30 heart compressions followed by 2 quick breaths
Depress breast bone to 1/3 at the rate of 100 compressions a minute.
Continue CPR (30:2) until signs of life return.



NOTE: CPR means Cardio-Pulmonary Resuscitation.

Step 5: RECOVERY POSITION

When signs of life returned, place casualty into recovery position, keep monitoring until medical aid arrives or trained assistance takes over.



TRAINING IN RESUSCITATION

- This information is produced as a quick reference.
- Persons trained in rescue and resuscitation should refresh their knowledge of the first aid skills annually.
- If you are interested in further training in First Aid and other resuscitation skills, we suggest you attend a recognised training course.
- Please report all electrical accidents to the relevant Network Operator and the Director of Energy Safety. Network Operator or Energy Safety inspectors investigate all electrical accidents. This information is used to prevent future accidents.