

ACTIONS DURING AN ARMED ATTACK

FIRST AID

First, ensure your own safety. After that, stop the bleeding. Check whether the injured person is conscious. Call for help.



1. STOP. SAFETY.

Look around and check whether you are in a safe environment. In case you are in danger:

- Hide or run.
- Provide help only when you are safe.



2. BLEEDING

Severe bleeding is indicated by blood spurting, flowing rapidly, or soaking through clothing. Act immediately:

- Apply direct pressure to the wound with your hand (you may press through clothing).
- Apply a pressure bandage if possible.
- If a limb is injured, apply a tourniquet above the wound as quickly as possible and tighten it firmly.

Ignore the pain. Focus on stopping the bleeding.



3. CONSCIOUSNESS

Ask an injured person: "Can you hear me?"

Is the person responsive?

- YES → calm the injured person and continue controlling the bleeding.
- NO → monitor breathing and stay close.

Continue monitoring the injured person's condition.



4. CALL FOR HELP

Call **155** or **158** as soon as possible..

Tell:

- What happened
- Where you are
- How many people are injured

If you cannot call yourself, designate a specific person to call for help instead of you.

