

Appendix IV to the General Laboratory and Workshop Regulations of the University of Vienna

First Aid

Principles of First Aid

- Keep calm.
- Consider your own personal safety first; stop machines/turn off power; air room if necessary.
- Move the injured person outside of the hazard zone.
- Check whether they are conscious.
- Check for breathing.
 - If the injured person is unconscious but is breathing, place them in the recovery position.
 - If the injured person is not breathing properly, immediately start CPR! Alternate between 30 chest compressions (push fast in the middle of the chest) and 2 rescue breaths via mouth or nose (tilt head back, pinch nose shut).
 - Resuscitate with a defibrillator (if available).
- Stop severe bleeding. Place a sterile bandage or clean cloth on the wound and press firmly.
- Call for help.

Important emergency telephone numbers

European emergency telephone number: 112

Ambulance: 144

General practitioners' out-of-hours service: 141

Poisons Information Centre

24-hour emergency hotline: +43(0)1 406 43 43

Office hours: Monday through Friday, 8:00 a.m. to 4:00 p.m., phone: +43(0)1 406 68 98

The following recommendations apply to emergencies caused by laboratory accidents.

I. Poisoning

A. Inhalation (Breathing in) of Gases/Vapours/Aerosols

- Rescue injured people and move them to the fresh air while always considering your personal safety (respirator)!
- Always call an ambulance!
- If an injured person is not breathing, follow reanimation guidelines.
- Injured persons should always be transported or stabilised lying down (lift upper body; recovery position if person is unconscious).
- Always check back with a physician as complications can occur later even if there are no symptoms at first.

B. Ingestion (Swallowing) of Toxins

- Treat every ingestion of an unknown chemical substance like a case of poisoning.
- Secure the substance.
- Call an ambulance and the Poisons Information Centre (+43(0)1 406 43 43).
- Take first-aid measures as required.
- Place injured person in recovery position and cover them to keep them warm.
- If a solid or liquid caustic substance was swallowed, ONLY give water to the victim if instructed to do so by the Poisons Information Centre.
- Never try to neutralise the substance with, e.g., milk (might exacerbate chemical or thermal injury).
- Activated carbon may only be administered upon instruction by a physician.
- Do not induce vomiting.

C. Poisoning through Skin Exposure

- Immediately remove the injured person's clothing (do not endanger yourself in the process).
- Use large amounts of lukewarm running water to rinse exposed skin. Soap may be used, but never use another chemical substance or solvent to clean the wound. Do not use hot water and do not rub the wound.
- Call an ambulance.

II. Chemical Burns

A. Chemical Burns to the Skin

- Immediately remove clothing of injured person (do not endanger yourself in the process).
- Use large amounts of running water to rinse (for at least 15 minutes). Do not attempt neutralisation.
- Cover the open burn wound with a sterile bandage. Always consult a physician.

B. Chemical Burns to the Eye

- Always call an ambulance.
- Flush with a sufficient amount of running water (at least for 10-15 minutes). Do not attempt neutralisation.
- To prevent additional injury to the unaffected eye, make sure that the water used for flushing does not touch the healthy eye, i.e., the affected eye must be at a lower level than the healthy one (horizontal head positioning). Then flush from inside (nose) to outside (cheek) with plenty of running water or using an eyewash device.
- Bandage the eye (eye patch).

C. Internal Chemical Burns: Same Procedure as for Ingestion (Swallowing) of Toxins

III. Open Wounds or Mechanical Trauma

A. Light Bleeding

- Do not touch or rinse the wound. Do not remove any foreign objects from the wound.
- Cover the wound with a sterile dressing; apply a protective bandage; do not disinfect.
- Go to the hospital.

B. Severe Bleeding

- Call an ambulance.
- Watch for symptoms of shock; shock position (passive leg raise); keep warm.
- Apply a pressure bandage: cover the wound with a dressing pad and bandage applying firm pressure.
- Raise the injured limbs.

C. Life-Threatening Bleeding

- Immediately call an ambulance.
- Put on gloves and apply pressure with your fingers.

- Apply a tourniquet (triangular bandage, belt, etc.) and twist to tighten. A tourniquet can only be applied to a body part below the heart and only on the thigh or upper arm. Once applied, do not remove the tourniquet.
- Write down the time of application!!!

IV. Burns

A. Minor Burns or Scalds

- Immediately cool the burn with lukewarm running water (for approximately 10 minutes).
- Do not break blisters.
- Do not apply lotions, powder, oil or anything similar to the burn or scald.
- If in doubt, consult a physician.

B. Major Burns or Scalds

- Call an ambulance.
- In the case of a scald, immediately remove clothing (cut open).
- In the case of a burn, remove clothing unless it sticks to the skin.
- Cool with plenty of lukewarm running water (for approximately 10 minutes).
- Do not immerse large severe burns in water (risk of hypothermia).
- Do not apply lotions, powder, oil or anything similar to the burn or scald.
- Cover open burn wounds with a sterile dressing (aluminium-coated wound dressing).
- Protect the burn victim from heat loss.

If a person suffered extensive burns, give them a lot of water in sips.