



# First aid checklist for professional truck drivers

Knowing how to respond in the event of an accident is critical to saving lives and minimising injuries. The IRU and the UICR have developed this first aid checklist to help professional drivers prepare themselves to respond appropriately in

emergency situations. This checklist has been reviewed by the International Federation of Red Cross and Red Crescent Societies (IFRC).

## Four key steps






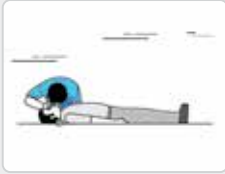
	<p><b>1. Assess the situation</b> Quickly assess the scene of the accident, being careful to avoid causing any further incidents. If emergency services have already arrived, keep driving.</p>		<p><b>3. Contact the emergency services</b> Call the emergency services and notify them of the situation, including any additional hazards (fire, chemical products). What happened? Where? How many are injured? Stay calm and follow instructions. <small>* Emergency numbers differ from country to country.</small></p>
	<p><b>2. Protect and secure the area</b> Use your on-board safety equipment to secure the area. Alerting other road users can prevent further accidents.</p>		<p><b>4. Provide assistance</b> Approach victims and assess the nature of their injuries. Do what you can to keep them calm and minimise their injuries until the emergency services arrive.</p>

## Recovery position


	<p>If the person is unconscious and breathing, you should place them in the recovery position to keep their airway clear and open.</p>	
<ol style="list-style-type: none"> <li><b>1.</b> Kneel next to the person. Extend the arm closest to you straight out from their body. Position the far arm with the back of the hand against the near cheek.</li> <li><b>2.</b> Grab and bend the person's far knee.</li> <li><b>3.</b> Protecting the head with one hand, gently roll the person toward you by pulling the far knee over and to the ground.</li> </ol>	<ol style="list-style-type: none"> <li><b>4.</b> Tilt the head up slightly so that the airway is open. Make sure that the hand is under the cheek. Place a blanket or coat over the person and stay close until help arrives.  You should keep an eye on the person's breathing in the recovery position until the emergency services arrive.</li> </ol>	

## Cardiopulmonary resuscitation (CPR)


If someone is unconscious and not breathing, perform CPR:

	<b>1. Tilt their head backwards, gently lift their chin and make sure their airway is clear.</b>		<b>2. Check if they are breathing for a maximum of 10 seconds. If not, begin CPR and ask if an automated external defibrillator (AED) is available.</b>
	<b>3. Place one hand on top of the other on the middle of the person's chest and kneel beside them.</b>		<b>4. Press down by 5 to 6 cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute. After every 30 chest compressions, perform two rescue breaths.</b>
	<b>5. Breathe into the person's mouth twice. You should see their chest rising.</b>		<b>6. Repeat until an AED or emergency services arrives or breathing resumes.</b>

## Wounds: bleeding, burns and bites

	<b>Apply pressure to any open wounds using materials from your first aid kit. If possible cover your hand so that you do not come into direct contact with the blood.</b>		<b>Burns should be cooled with cold water (15-25 °C) as soon as possible, and until the pain subsides.</b>
	<b>Elevate the wound applying direct pressure with a compression bandage.</b>		<b>Animal bites or other wounds should be washed with clean water and medical attention should be sought immediately to prevent infections such as rabies or tetanus.</b>

## Preventing Accidents

	<b>Do not drive if you feel unwell. Stop at the nearest safe place. Contact a medical professional for advice.</b>		<b>Rest and recover fully before continuing to drive.</b>
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This checklist is provided to you by the **IRU Academy**, the training arm of the **International Road Transport Union (IRU)**.

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