



FIRST AID



ICRC

IN BRIEF



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Illustrations: Francis Macard

FIRST AID

This booklet contains information and guidelines for providing first aid in an emergency. It cannot cover every situation, so the guidance is of a general nature. The suggested behaviours and measures must be applied taking account of:

- local requirements;
- available resources;
- effective local practices, if any; and
- access to and the capacity of further care.

The ICRC therefore declines all responsibility in the event that the recommendations do not correspond to the best course of action in a given situation.

First aid is the first essential help given in an emergency in order to preserve life, prevent further injury or illness and relieve suffering in order to contribute to recovery. These objectives should be achieved:

- without harm, either physical or psychological, to yourself, to the casualty or to others; and
- within your limits, be they emotional, physical, technical or material.

Name: _____ Tel.: _____

Person to be contacted in case of emergency:

_____ Tel.: _____

Your ability to manage an emergency and to care for a wounded or sick person safely and effectively (beyond just treating the injury or condition) can be enhanced by seeking the assistance of others present at the scene and by using resources available on the spot.

Sometimes, further care may be required. In those cases, the casualty will need to be transported in a safe and timely manner to an appropriate care provider.

**You can save lives
(or help to do so)
by acting immediately,
safely and humanely**

We urge you to take a first-aid course. Contact the ICRC delegation or the National Red Cross or Red Crescent Society in your country to find out if they offer such courses or other support that will help boost your confidence and refresh/enhance your skills. In this way you will be better able to act safely, humanely and effectively in an emergency.

IN ALL CASUALTY SITUATIONS



Think safety,
Act safely.



Reassure – Explain –
Comfort the casualty.



Seek help.



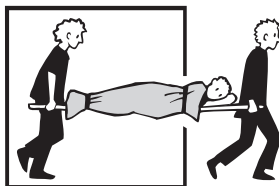
Ensure the
cooperation of the
casualty. Examine
him/her thoroughly.



Monitor the casualty.
Ensure he/she is
comfortable and
his/her dignity is
respected.



Offer clean liquids
to drink (but only if
the casualty is fully
responsive).



Evacuate the casualty
in need of further care.

THINK SAFETY, ACT SAFELY



Avoid becoming a casualty yourself (stay clear of the minefield, fire, toxic substance, etc.).



Avoid direct contact with body fluids (blood, saliva, vomit).



Remove the casualty safely and quickly from the danger zone.



Care for the casualty in a safe place.



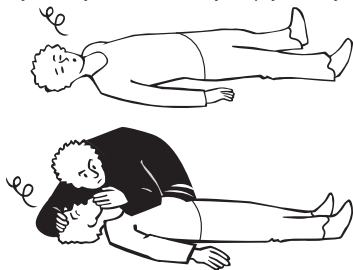
Keep your hands clean.



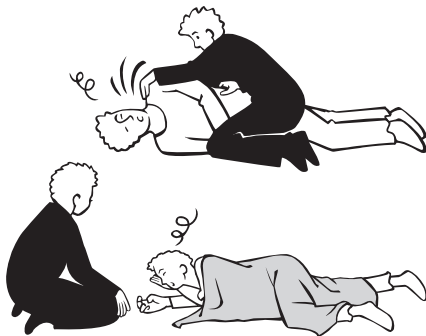
Relax/manage your stress – Reassure your family and friends.

WHEN THE PERSON IS UNRESPONSIVE

Briefly explain to bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

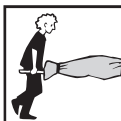


Check if the casualty is breathing, by gently tilting the head backwards and looking, listening and feeling for breaths.



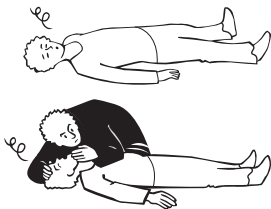
Place the casualty in a stable position on his/her side with the head tilted gently backwards to allow him/her to breathe easily and to enable fluids, such as blood, saliva or vomit, to drain out of the mouth.

Cover the casualty.

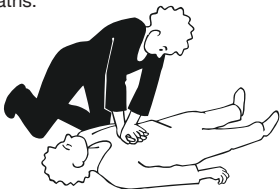


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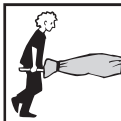


Check if the casualty is breathing, by gently tilting the head backwards and looking, listening and feeling for breaths.



If the casualty is not breathing:

- Ensure the casualty is placed on a hard surface on his/her back.
- Shout for nearby help. Alert the emergency services (if any).
- Explain that there is a very limited chance of survival to avoid false hope.
- Begin regular chest compressions by pushing firmly downwards on the lower half of the casualty's chest and then releasing (at least 100 compressions per minute).
- Ask others to take over the chest compressions to allow you to rest.
- Stop compressions when able to hand over to a health-care professional, when there is no more hope of survival or when asked to do so.



WHEN THE PERSON IS BLEEDING

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Get the casualty to apply pressure to the wound or apply pressure yourself using a clean cloth.

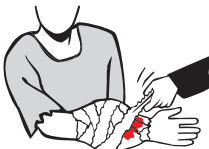


Replace manual pressure with a compressive bandage (in the shape of an 8) using a clean cloth or any absorbent material.

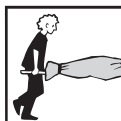


Check for signs of swelling or a bluish colouring of the limb (tourniquet effect) and ensure that the bandage is not causing any pain. If you spot any of these signs, loosen the bandage.

If blood soaks through the compressive bandage



Add more compressive bandage/clean material on top of the first one.



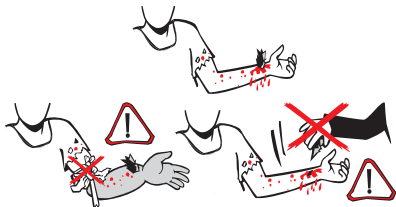
WHEN THE PERSON IS BLEEDING

If the limb is amputated



Do not apply a tourniquet. Apply a compressive bandage.

If a foreign body is embedded in the limb



Do not apply a tourniquet.

Do not remove the foreign object.



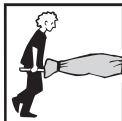
Immobilize the object (put compresses or a clean cloth around it).



Apply a compressive bandage (without removing the object).

If bleeding is from the neck

Apply a compressive bandage (passing it under the opposite shoulder).

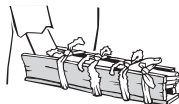


WHEN THE PERSON HAS A FRACTURE

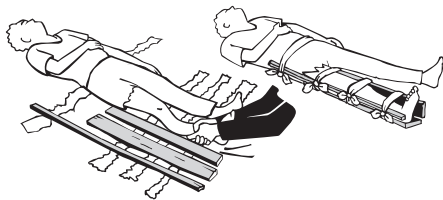
Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits of help you may need.



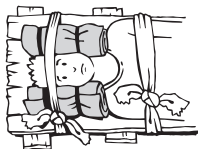
For upper and lower limbs, gently position the fractured limb in a straight line enabling easy and effective immobilization.



Immobilize the limb to reduce pain and limit further adverse effects.



If it is a neck fracture



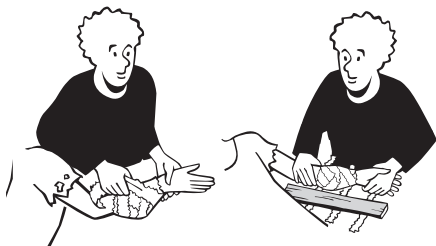
Gently immobilize the head and place the body in a horizontal, straight position to reduce pain and limit further adverse effects.



WHEN THE PERSON HAS A FRACTURE

If it is an open fracture

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Gently position the fractured limb in a straight line enabling easy and effective immobilization.

Apply a bandage to the wound.



Immobilize the limb to reduce the pain and limit further adverse effects.



WHEN THE PERSON HAS A WOUND

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Clean the wound (using clean liquids with or without soap).

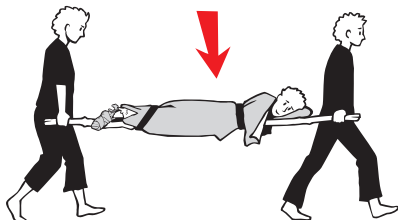


Cover the wound with a clean cloth.
Monitor the wound.

If the wound is large, dirty and infected

Clean the wound (using clean liquids with or without soap).

Cover the wound with a clean cloth.



Evacuate the casualty.



WHEN THE PERSON HAS A WOUND

If it is an abdominal wound

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

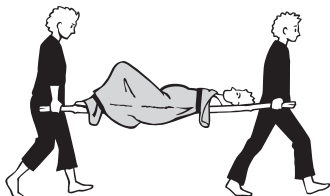


Cover the wound with a clean, wet cloth.

Do not push the organs back inside the abdomen.



Help the casualty to lie in a comfortable position (e.g. legs bent).



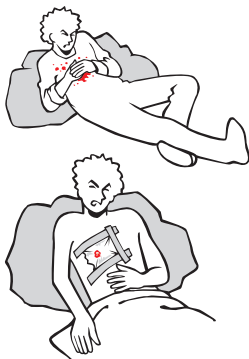
Evacuate the casualty.



WHEN THE PERSON HAS A WOUND

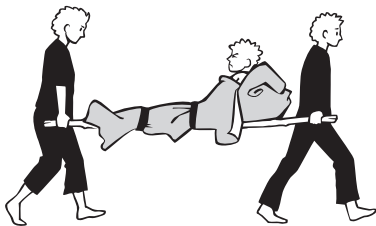
If it is a sucking chest wound

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Cover the wound with a piece of plastic (or any equivalent material) and attach it to the body along three sides only, to avoid completely sealing the dressing (otherwise leave the wound exposed).

Help the casualty to lie in a comfortable position (e.g. half-seated).



Evacuate the casualty.



WHEN THE PERSON HAS SUFFERED A BURN

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Cool the burn (e.g. under clean running water) for as long as possible. Stop when the casualty is no longer in pain or he/she starts to feel cold.



Cover the burn with a clean, loose material such as cling film (plastic wrap) or a plastic bag.



Advise the casualty to monitor how well the burn is healing and if the pain persists or infection develops to seek further care.

If the burn is bigger than the palm of the casualty's hand or affects a particular area of the body (e.g. face, genitals, joints), seek further care.

If the casualty is a child, always seek further care.



RESPECT FOR WOUNDED AND SICK AND HEALTH CARE

It is important to:

- respect and protect the wounded and sick, and actively support and facilitate their access to health care;
- respect and protect health-care personnel, facilities and medical transports, whether civilian or military, regardless of which side they belong to;
- respect the humanitarian and impartial character of health care;
- ensure that health-care personnel, facilities and medical transports remain exclusively engaged in medical tasks;
- refrain from denying or disrupting health care as a military tactic;
- respect the distinctive emblems of the red cross, red crescent and red crystal, and refrain from using them improperly.

RESPECT FOR THE RED CROSS AND RED CRESCENT

During both peacetime and emergencies, National Red Cross and Red Crescent Societies and the ICRC offer first-aid training and, where needed, provide first aid directly, making no discrimination as to nationality, race, religious beliefs, class or political opinions.

Red Cross and Red Crescent first-aiders endeavour to save lives and relieve the suffering of individuals, being guided solely by their needs and giving priority to the most urgent cases of distress. First-aiders do not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature. They provide first aid or training on a voluntary basis, in no way motivated by a desire for gain.

Red Cross and Red Crescent first-aiders wear a distinctive emblem for their identification and protection. They must be respected and supported in their humanitarian activities, be it in peacetime or emergencies.



GUIDE FOR POLICE CONDUCT AND BEHAVIOUR

TO SERVE AND TO PROTECT



ICRC

IN BRIEF



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Illustrations: Cédric Marendaz

GUIDE FOR POLICE CONDUCT AND BEHAVIOUR

**INTERNATIONAL HUMAN RIGHTS LAW
AND HUMANITARIAN PRINCIPLES FOR
PROFESSIONAL POLICING**

POLICE CONDUCT AND BEHAVIOUR

**TO SERVE AND TO PROTECT
THE PEOPLE IN YOUR COMMUNITY**



KEY POINTS

- Always fulfil the duty imposed on you by law, by serving the community and protecting all persons against illegal acts.
- Respect and protect human dignity, and maintain and uphold everyone's human rights.
- Use force only when strictly necessary and to the extent required.
- Preserve the confidentiality that is imposed on you, unless the performance of duty or the needs of justice strictly require that you do otherwise.
- Never torture or inflict cruel, inhuman or degrading treatment.
- Ensure full protection of the health of all persons in your custody.
- Do not commit any acts of corruption.
- Respect the law and this code of conduct and prevent and oppose any violations of them.

Based on the UN Code of Conduct for Law Enforcement Officials

FUNDAMENTAL RIGHTS OF PERSONS

RIGHTS THAT CAN NEVER BE TAKEN AWAY

Right to life

No one shall be arbitrarily deprived of his or her life.



Prohibition against torture

Torture or cruel, inhuman or degrading treatment or punishment is never permitted under any circumstances.



RIGHTS THAT CAN NEVER BE TAKEN AWAY

Prohibition against retroactive criminal laws

No one shall be held guilty of a criminal offence if it was not one, under domestic or international law, when it was committed.



DOMESTIC LAW ENFORCEMENT

You have a duty to:

- protect life and property;
- provide an environment of security;
- maintain and restore peace and public order;
- respect human rights without discrimination.



DETECTION AND PREVENTION OF CRIME

You are part of the community.

You should promote cooperation between the police and the community.

You should behave in a way that promotes mutual trust and respect between the police and the community.



POLICE RESPONSIBILITIES

MAINTENANCE AND RESTORATION OF PEACE AND PUBLIC ORDER

People have the right to hold opinions, to express themselves, and to associate and assemble peacefully.

You have a duty to maintain and restore peace and public order within the law.



ASSISTANCE TO THE COMMUNITY IN TIMES OF EMERGENCY

You should provide aid and assistance in times of need.



NO ONE SHALL BE SUBJECTED TO ARBITRARY ARREST OR DETENTION

Arrest

You must:

- treat persons who have been arrested with dignity and humanity;
- inform them of the charges against them;
- inform them of their rights while making the arrest;
- presume they are innocent at the time of arrest;
- prevent disappearances and extra-judicial killings.



Detention

Persons deprived of their liberty have the right to:

- be brought promptly before a court if accused of a crime;
- see a lawyer;
- see a doctor;
- be held in an official place of detention;
- communicate with the outside world, especially their families;
- challenge, without delay, the lawfulness of their detention;
- a fair trial within a reasonable period of time or be released.



Search and seizure

Persons being searched should be treated with dignity and their property respected.

Searches should be conducted legally.



Use of force and firearms

Any force used should be proportionate to the seriousness of the offence and your legitimate objective.

The intentional lethal use of firearms is an extreme measure and should be undertaken only:

- when strictly unavoidable;
- when there is an imminent threat to life.



VULNERABLE GROUPS

WOMEN

Women may be vulnerable to particular risks, and attention must be paid to specific protection needs in each case.

Body searches should be conducted only by female officers.

Women should be held in quarters that are separate from those for men; where this is not possible, they should be segregated from men.

Pregnant women and nursing mothers should be provided with special facilities in detention.



JUVENILES

They require additional protection because of their age and vulnerability.

They should be detained separately from adults, unless doing otherwise is thought to be in their best interests.



REFUGEES AND INTERNALLY DISPLACED PERSONS

You should recognize that they are particularly vulnerable owing to their status as refugees or displaced persons.

They are entitled to the same fundamental rights as everyone else and due regard must be shown for their lives, their dignity and their physical and mental integrity.



VICTIMS OF CRIME

Treat them as you would wish yourself and members of your family to be treated.

In your dealings with them, you should keep in mind their situation as victims of crime and show due regard for their human rights.





The purpose of ICRC visits is to assess the material and psychological conditions of detention and the treatment of people deprived of their freedom.

Whether dealing with a situation covered by the Geneva Conventions or not, the ICRC applies the same criteria in its work on behalf of those deprived of their freedom. When conducting their visits, delegates must:

- be able to see all persons deprived of their freedom who fall within the ICRC's mandate;
- have access to all places in which they are held;
- be able to talk to them in private;
- receive from the authorities a list of persons deprived of their freedom who fall within the ICRC's mandate, or they must be able to draw up such lists themselves;
- be allowed to repeat the visits as often as they wish.

THE ICRC WORKS TO:

- prevent or put an end to disappearances and summary executions, torture and other forms of ill-treatment;
- improve conditions of detention;
- ensure respect for procedural safeguards and judicial guarantees of persons deprived of their liberty;
- restore family links wherever they have been disrupted;
- facilitate the rehabilitation of released detainees.

COMMAND AND MANAGEMENT

You should:

- uphold and comply with the law;
- report any instances of unethical or unlawful conduct by your colleagues to your superiors;
- be responsible and accountable both towards yourself and your community.



**ULTIMATELY, YOU WILL HAVE
TO ACCOUNT
FOR YOUR ACTIONS
AND CONDUCT.**



TAKE DETAILED NOTES

As a member of the police or of the security forces, you will add to your credibility and demonstrate your integrity if you document your actions fully. While doing so, you should answer the following key questions:

WHO witnessed or was responsible for the act?

WHAT happened exactly?

WHEN did the event take place (date, time, circumstances)?

WHERE did the event take place (describe in detail)?

WHY might the event have occurred (motive)?

HOW might it have happened?

Your duty as a law enforcement official is to gather all the facts material to an investigation. **It is NOT** to determine the guilt or innocence of an individual. That remains the task of the courts. Your testimony in court is crucial, and accurate presentation of the evidence will enhance not only your own reputation but also that of the police or security forces you represent.

TAKE DETAILED NOTES

INSTRUMENTS FROM WHICH THESE RULES STEM:

- International Covenant on Civil and Political Rights
- International Convention on the Elimination of All Forms of Racial Discrimination
- Convention on the Rights of the Child
- Standard Minimum Rules for the Treatment of Prisoners
- Code of Conduct for Law Enforcement Officials
- Declaration of Basic Principles of Justice for Victims of Crime and Abuse of Power
- Body of Principles for the Protection of All Persons under Any Form of Detention or Imprisonment
- Basic Principles for the Treatment of Prisoners
- Basic Principles on the Use of Force and Firearms by Law Enforcement Officials
- Declaration on the Elimination of Violence against Women