



ACTION IN CASE OF AN ACCIDENT

STOP WORK IMMEDIATELY



- Stop work immediately if an accident has occurred or a dangerous situation has arisen
- Assess the situation and ensure that providing assistance will not endanger your own safety

IF THE INJURY IS MINOR

PROVIDE FIRST AID

- Assess the injured person's condition, consciousness and breathing
- In electrical accidents, disconnect the power source first, if safe to do so
- Provide first aid within the limits of your knowledge and training
- Know the location of first aid kits in advance or ask responsible personnel
- Do not leave the injured person alone; help them remain calm
- Arrange transportation to medical care if necessary



IF THE INJURY IS SERIOUS

1. CALL EMERGENCY MEDICAL SERVICES

Call 113 immediately if:

- The person is unconscious;
- Breathing has stopped or severe breathing difficulties occur;
- There is severe injury or heavy bleeding;
- There is chest pain indicating a possible heart attack;
- There is sudden weakness or numbness on one side of the body (possible stroke);
- Other life-threatening symptoms are present

2. WHEN SPEAKING WITH EMERGENCY SERVICES

Provide:

- your name;
- accident location;
- the injured person's condition;
- number of people involved;
- other important details

3. PROVIDE FIRST AID UNTIL HELP ARRIVES

- Do not leave the injured person alone
- Help them remain calm
- Ensure emergency personnel can access the injured person
- Do not move the person unless there is immediate danger

AFTER THE EVENT

INFORM RESPONSIBLE PERSONNEL

- Students and visitors should inform responsible staff members
- Employees should notify their supervisor or administration

COMPLETE THE INCIDENT REPORT

- Employees should complete an incident report following the accident
- Provide accurate and complete information about the event

EMERGENCY NUMBER: 113

MAIN EMERGENCY CONTACT AT RGSL: IMANTS JEVDOKIMOV (29244834)