

PERSONAL PROTECTIVE EQUIPMENT

Personal protection is always paramount. Sufficient personal protective equipment is therefore necessary, which must be selected depending on the application.

Please wear:

- Safety vest
- Safety shoes (min. protection class 2)
- Name badge at chest height (recommended)
- Operational outerwear
 - Pants and jacket cut-resistant at best
- Protective gloves
- Helmet, cap, hat (sun protection)
- Safety goggles
- Hearing protection

Make sure that you do not expose yourself to any danger, e.g. by entering buildings that are in danger of collapsing or trying to rescue people from situations that could put you in danger yourself.

Recognizing danger, securing/blocking off, rescuing people rescue, request special forces.

MY CHECKLIST:

- Sufficient tetanus vaccination protection?
- Suitable and sufficient clothing?
 - Safety shoes/rubber boots
 - Protective/work gloves
 - Safety vest etc.
- Provisions
 - Can I provide for myself for several days
- Sleeping bag / sleeping mat / camp bed?
- Charged power bank or spare batteries?
- Hygiene set?
 - Towel
 - Dental hygiene
 - Hand cream, Chapstick etc.
 - Toilet paper
 - Plaster / disinfectant
- Sufficient quantities of medication?
- Documents, e.g. driver's license, chainsaw, etc.?
- Registration already possible online?
- Contact person on site?
- Am I really aware of what I can expect?
- Who can I turn to if my assignment is taking too much out of me mentally?
- Do I have personal liability insurance in case of doubt?

POCKET-MAP

For independent and spontaneous helpers for use in hazardous areas

THANKS,
that you are making an important contribution to helping people in need with your voluntary and unpaid work.



FIRST AID



Principles for finding an injured person

Keep calm, secure the accident site, observe personal protection

Check consciousness/breathing

Help according to the situation, call **112** if necessary

NO breathing

Cardiopulmonary resuscitation (CPR)

30 x cardiac pressure massage and 2 x ventilation, alternately

Breathing present, but unconscious

Stable lateral position

HELPER-GUIDE

You can also take a look at our volunteer guide. There you will find lots of material to help you prepare for your assignment.

CLICK HERE FOR THE HELPER-GUIDE



If you can tick all the boxes, you will have created a good basis in advance for providing spontaneous help over several days and not running the risk of becoming an additional challenge for the emergency services.

Because remember, you are not alone. There are many people who have the same intention and want to help.

Any questions?

zentrale@helfer-stab.de

CONTACT DATA

Name: _____

First name: _____

Street/house no: _____

Postcode/place of residence: _____

Phone _____

E-Mail: _____

Date of birth: _____

Blood group: _____

Emergency number: _____

Phone team leader: _____

Registration number: _____

PSYCHOSOCIAL EMERGENCY CARE

Possible reactions and symptoms due to psychological stress: (K=physical, E=emotional, G=mental, V=behavioral reaction)

- Anxiety, helplessness, feelings of guilt (E)
- Depression, helplessness, severe mood swings (E)
- Inability to perform sensations or everyday actions (E)
- Excessive nervousness (V)
- Sleep disorders, nightmares, tiredness (K)
- Feeling of futility/hopelessness (G)
- Memory lapses, concentration difficulties (G)

- constantly intrusive images and memories (G)
- Loss of appetite, nausea, tremors (K)
- Increased need for alcohol, tranquilizers or other stimulants (G, K, V)

Getting help does not mean showing weakness, but strength!



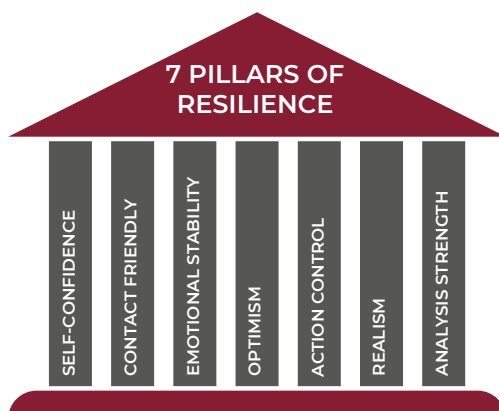
IMPORTANT PHONE NUMBERS

European emergency number **112**
911

RESILIENCE

You promote your mental resilience by:

- pay attention to your individual needs and make time for them.
- do something good for yourself every now and then.
- try to strike a balance between work and private life.
- maintain social contacts and have conversations with familiar people.
- do not suppress your feelings.
- get enough sleep.
- make sure you eat a balanced diet and drink enough fluids.



NOTES



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