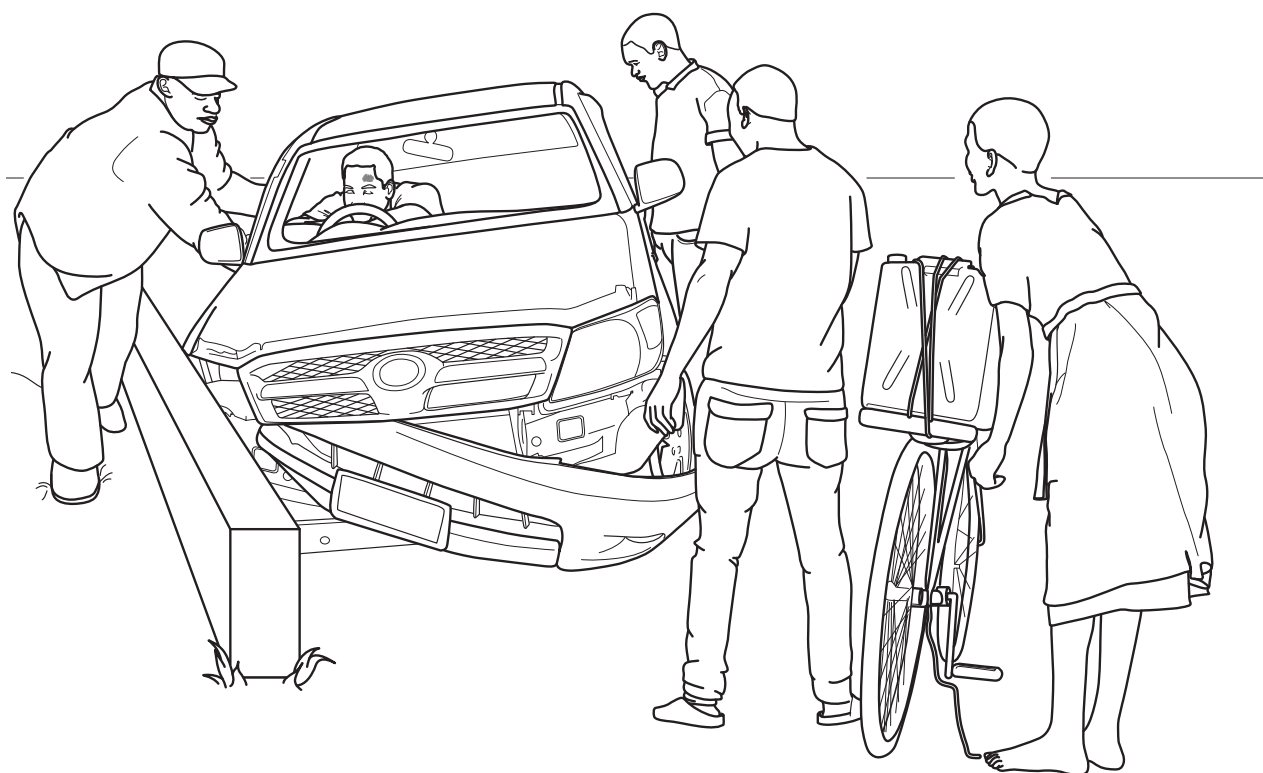


Quatro etapas principais nos primeiros socorros



Torne a área segura



Avalie o estado da vítima



Você está bem?

A pessoa está consciente?

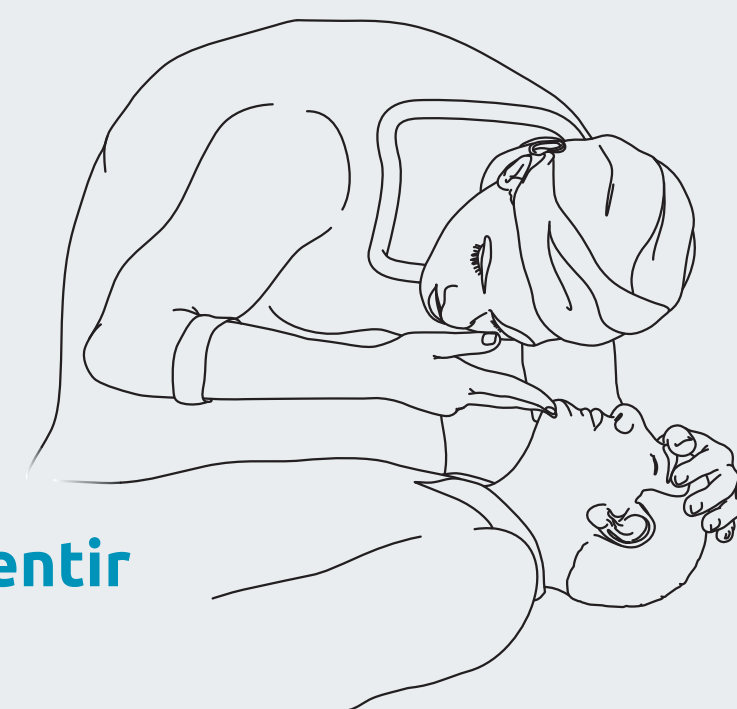
SIM



NÃO



Ver, ouvir e sentir



A pessoa está respirando?

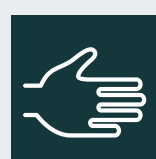
SIM



NÃO



Procure ajuda



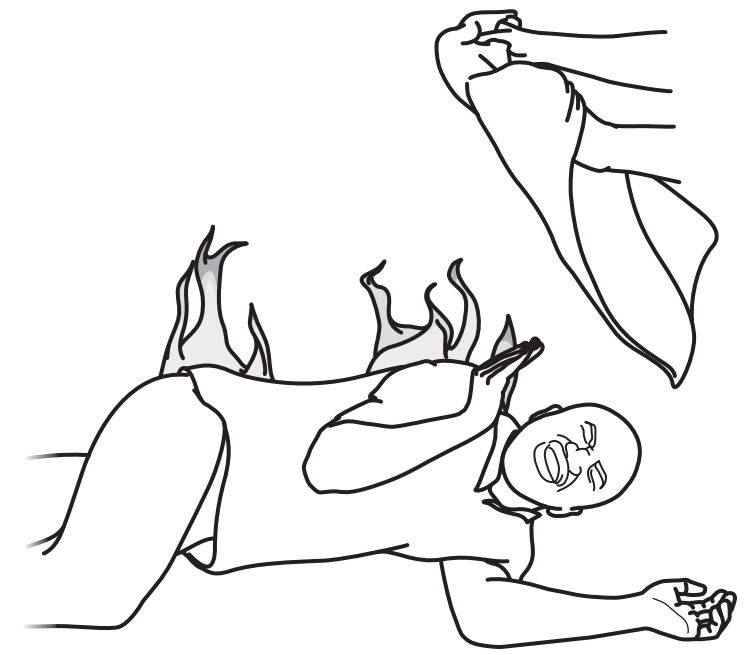
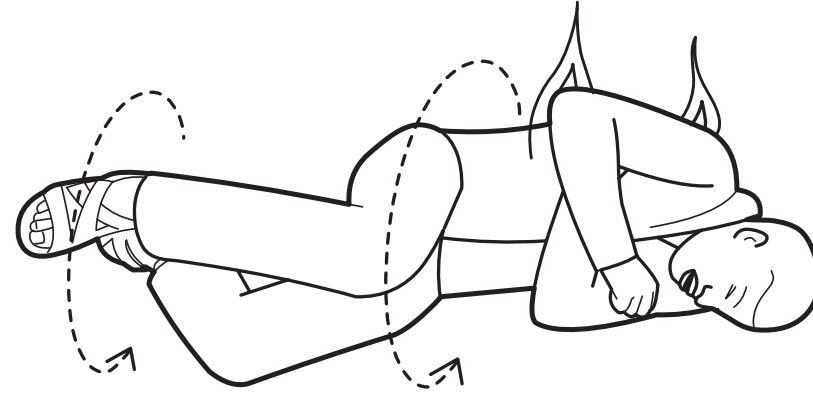
Preste os primeiros socorros



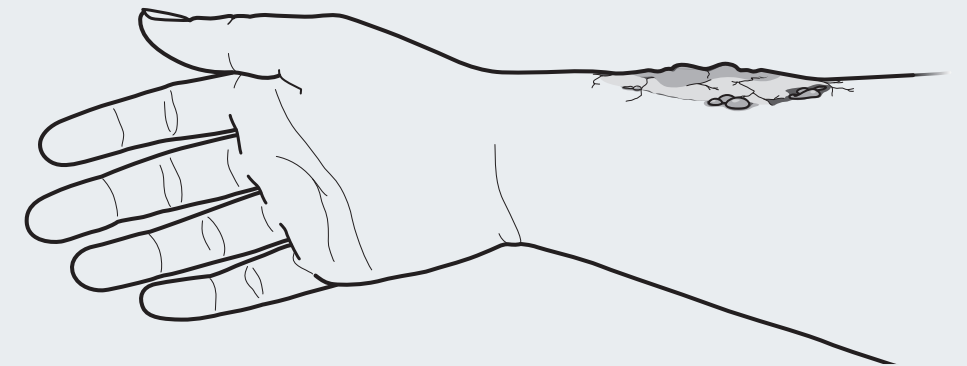
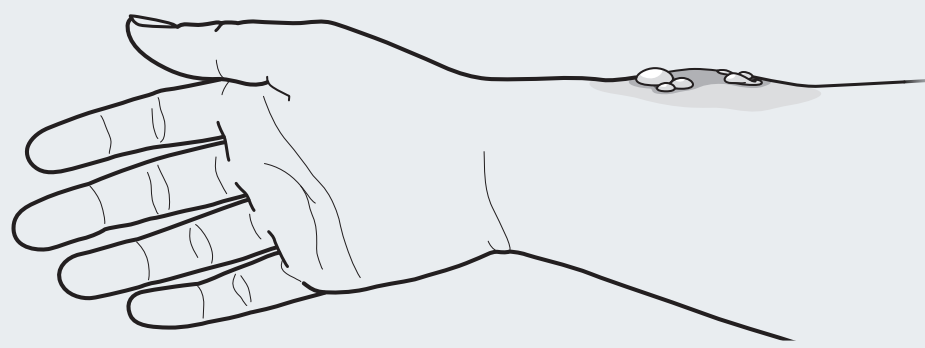
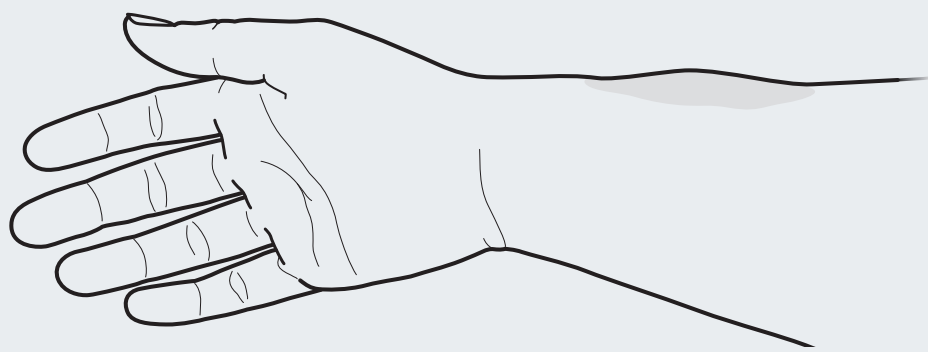
Primeiros socorros para queimaduras



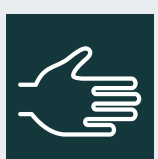
Torne a área segura



Avalie o estado da vítima

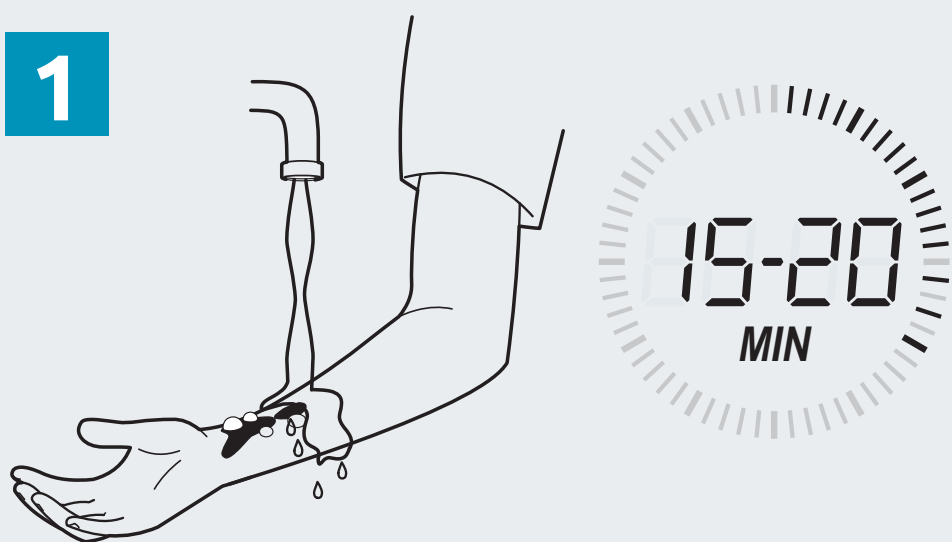


Procure ajuda

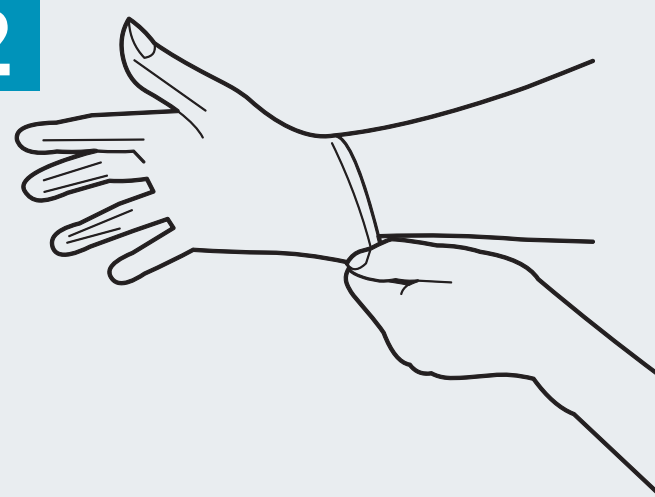


Preste os primeiros socorros

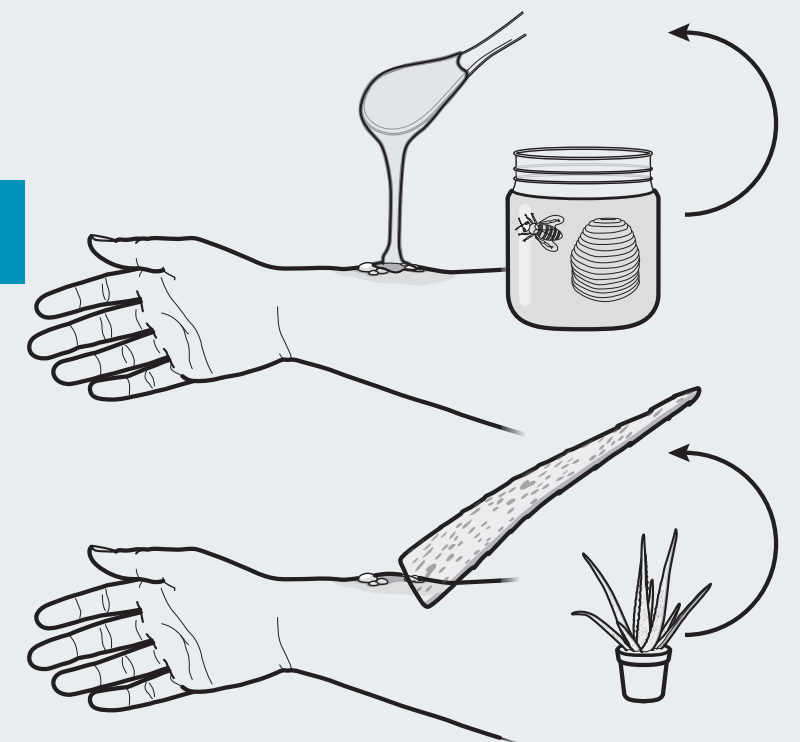
1



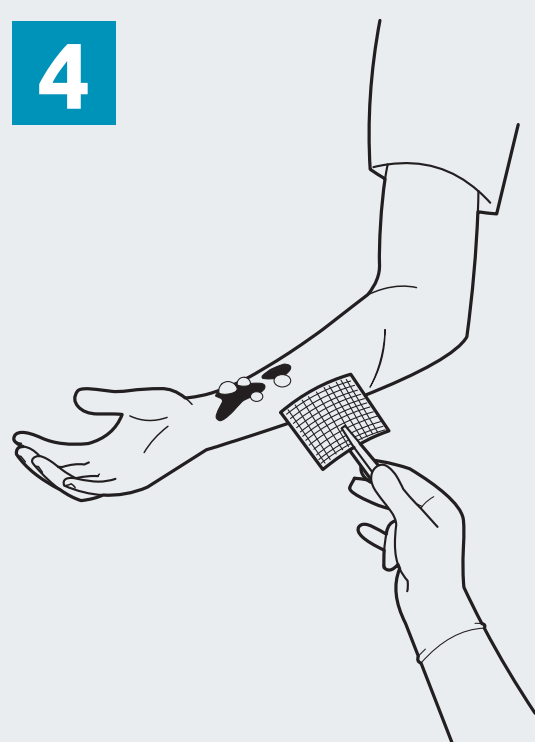
2



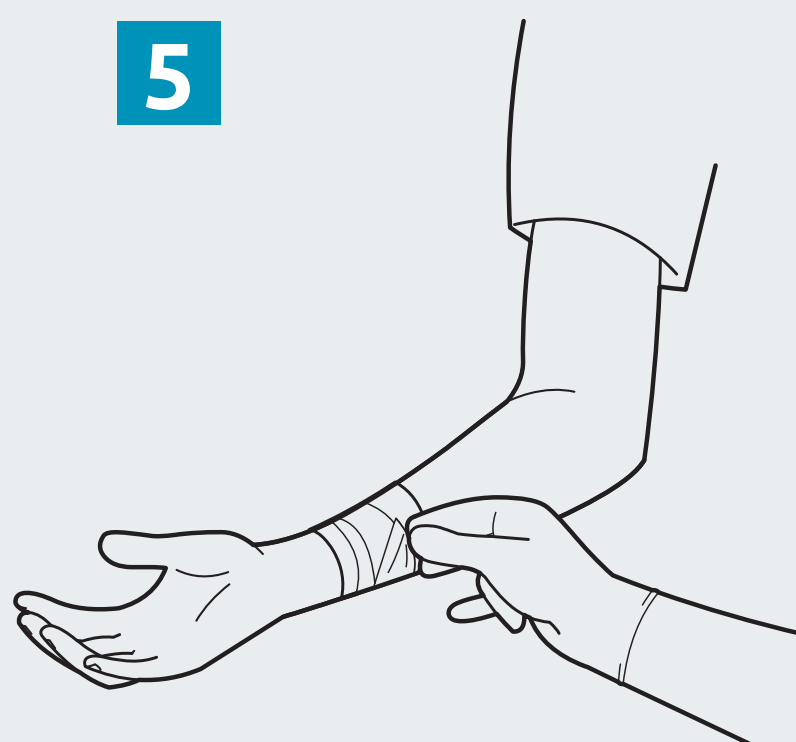
3



4



5



6



Primeiros socorros para asfixia



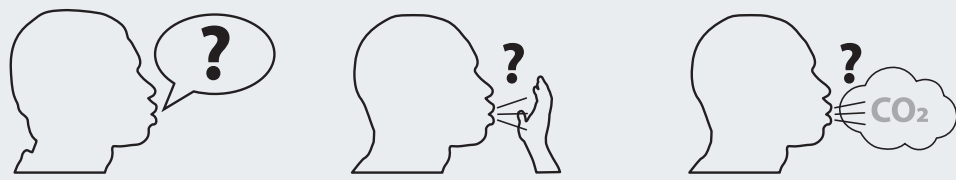
Torne a área segura



Avalie o estado da vítima



A pessoa ainda consegue responder, tossir ou respirar?



SIM

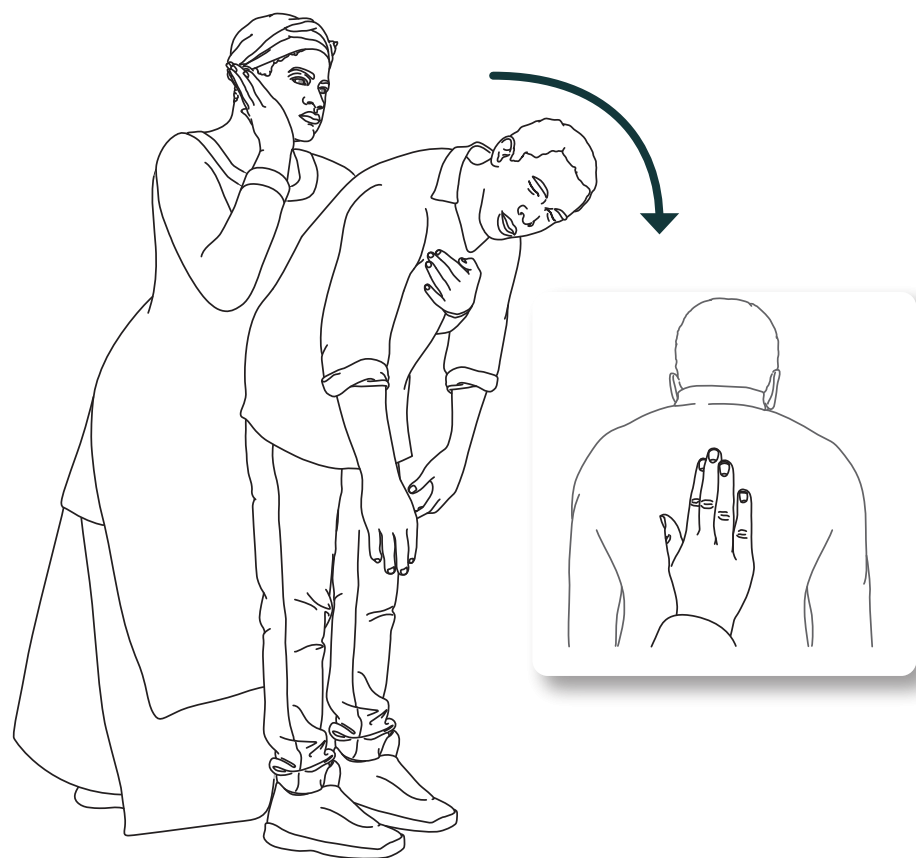
Motive a pessoa a continuar a tossir



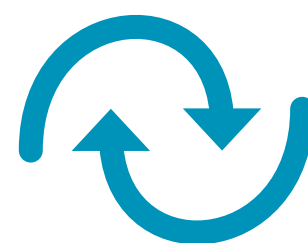
NÃO



Preste os primeiros socorros

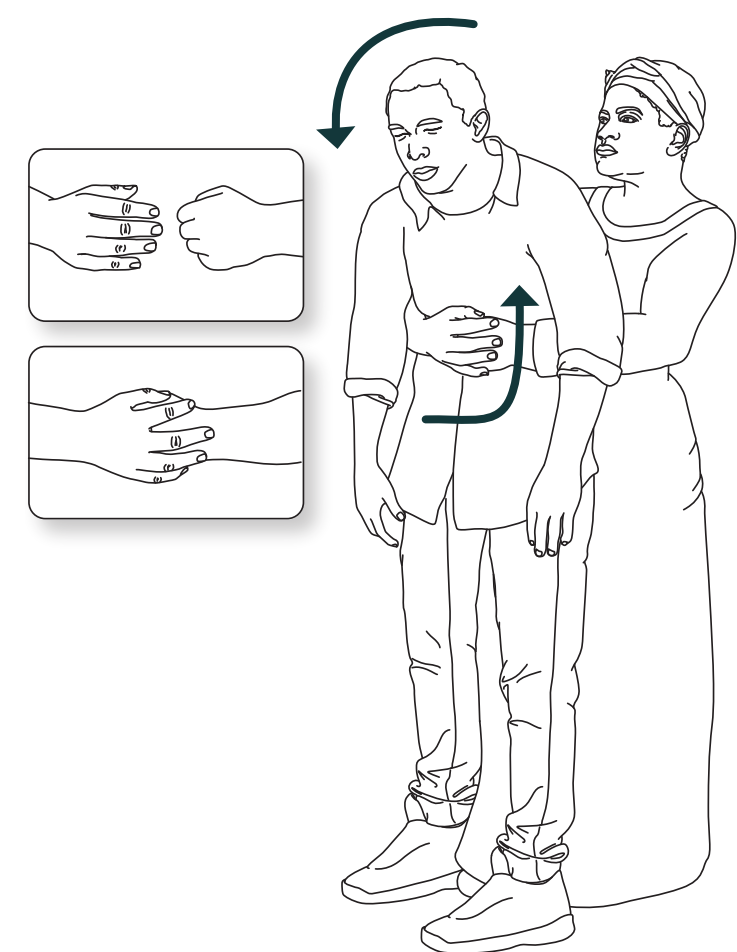


5X



5X

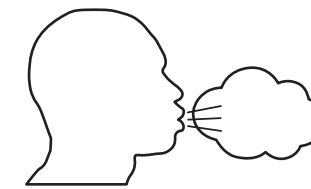
Repita o ciclo até que



a pessoa perde a consciência



a pessoa volte a respirar



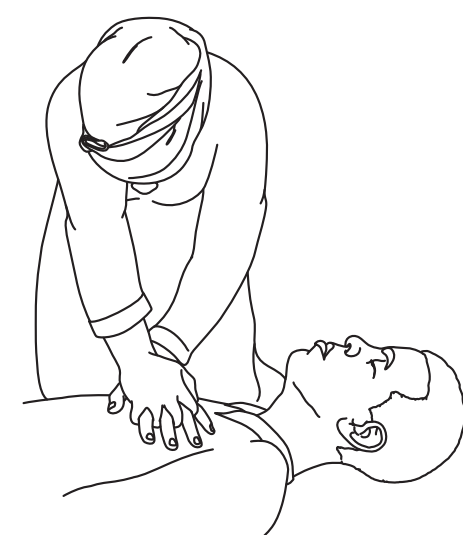
Procure ajuda



Preste os primeiros socorros



Iniciar o RCP



Belgian Red Cross helps people help



Belgium partner in development

Realized with the support of the Belgian Development Cooperation



Primeiros socorros para inconsciência



Torne a área segura



Avalie o estado da vítima



Você está bem?

A pessoa está consciente?

NÃO

SIM

Ver, ouvir e sentir

Continue monitorando a pessoa consciente



A pessoa está respirando?

SIM

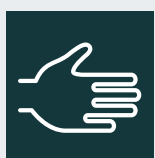
NÃO



Procure ajuda

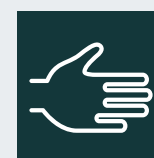


Procure ajuda



Preste os primeiros socorros

Coloque a pessoa na posição de recuperação



Preste os primeiros socorros

Iniciar RCP



30 compressões



2 respirações



Belgian Red Cross

helps people help



Belgium

partner in development

Realized with the support of the Belgian Development Cooperation



Ressuscitação cardiopulmonar



Torne a área segura



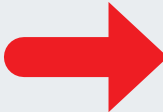
Avalie o estado da vítima



Você está bem?

A pessoa está consciente?

NÃO



Ver, ouvir e sentir



Sem respirar



Procure ajuda



Preste os primeiros socorros

Adultos



30 compressões



2 respirações

Repita o ciclo até que

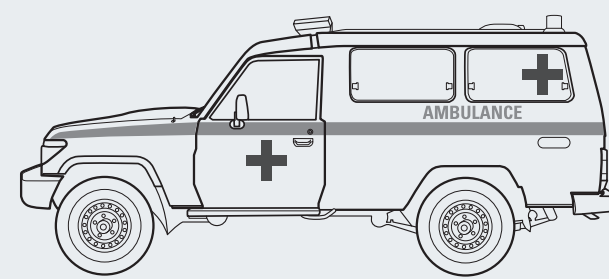
você está muito cansado para continuar



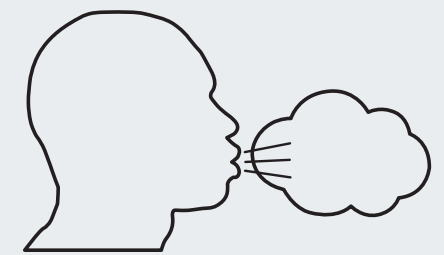
alguém assumo o seu lugar



ajuda profissional chega e assume



a pessoa esta a respirar de novo



Bebês e crianças

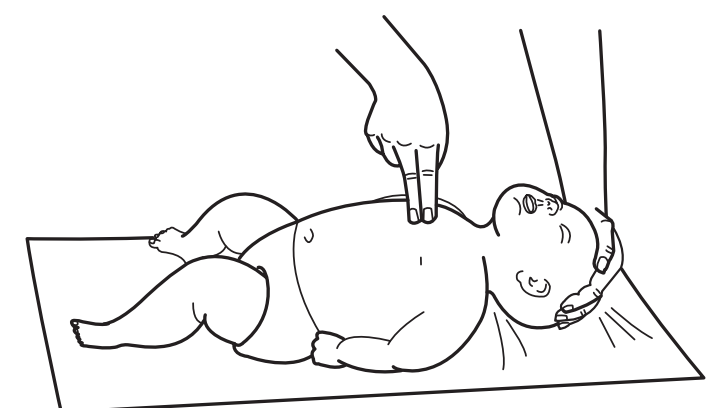
5 respirações



30 compressões



2 respirações



Belgian Red Cross

helps people help



Belgium partner in development

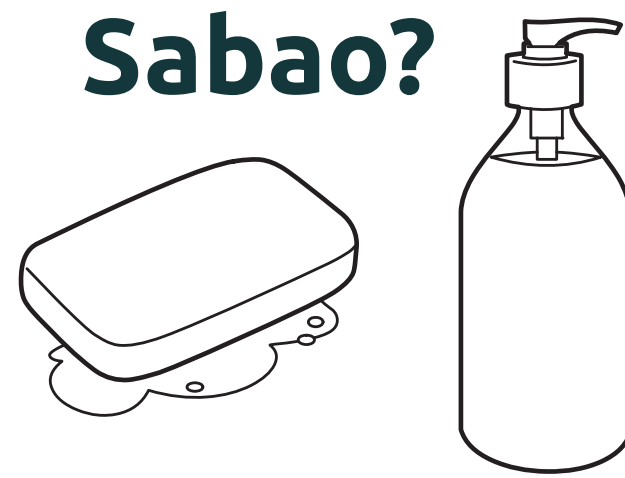
Realized with the support of the Belgian Development Cooperation



Lavagem das mãos

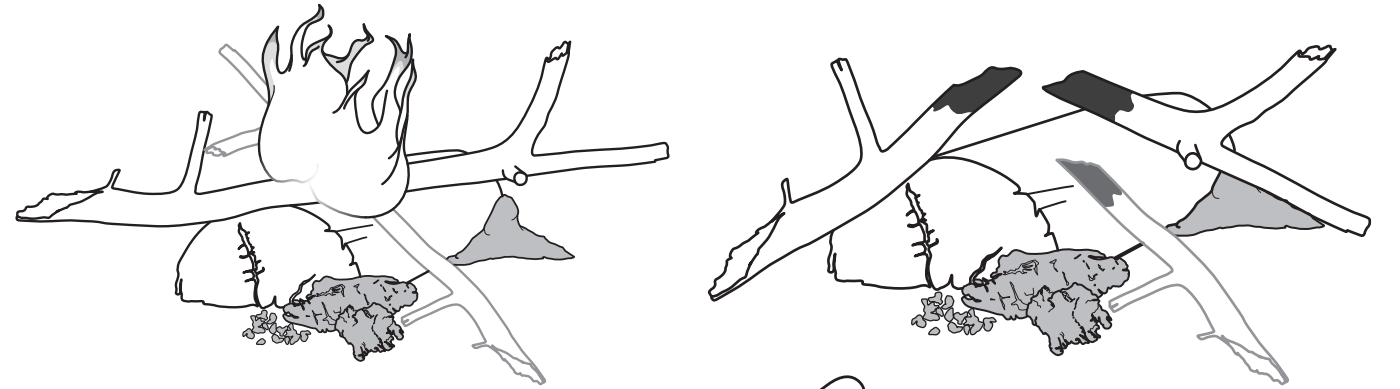
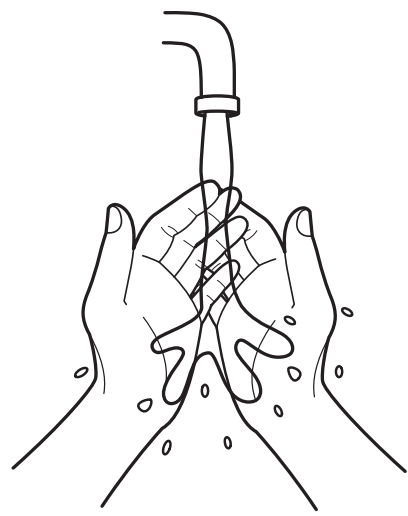


SIM

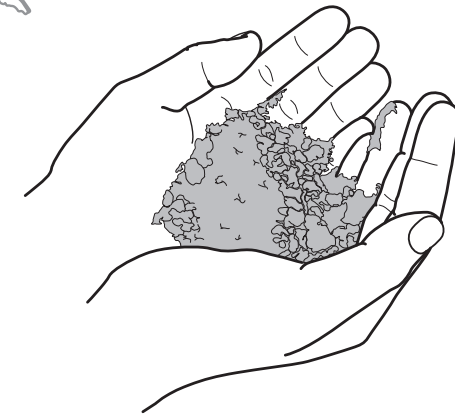


NÃO

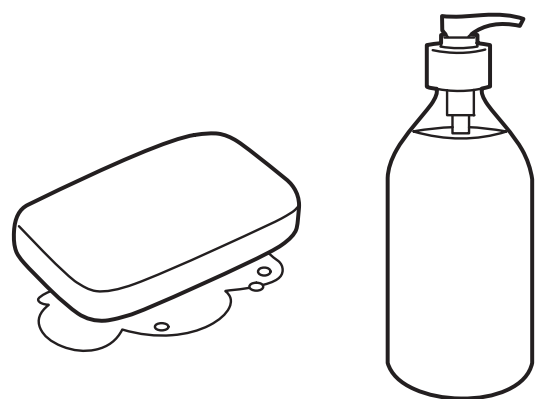
1



1



2



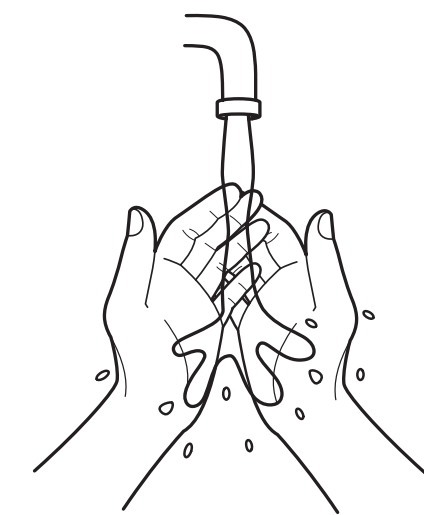
2



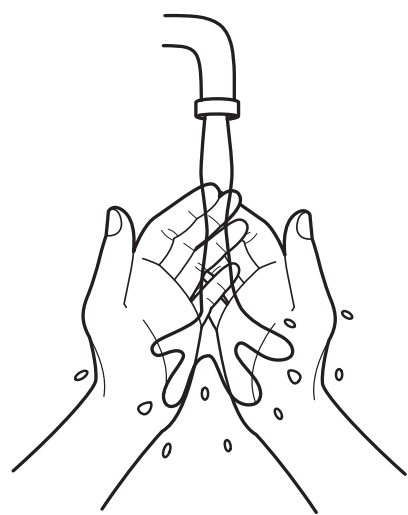
3



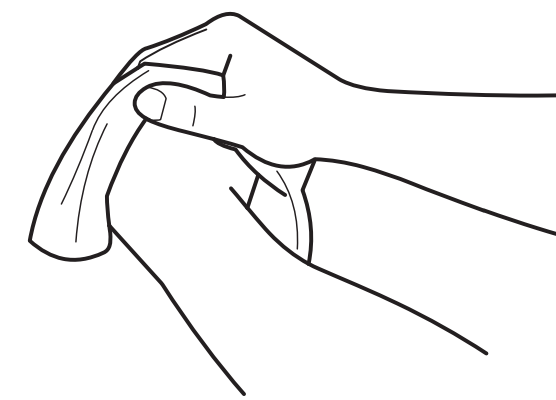
3



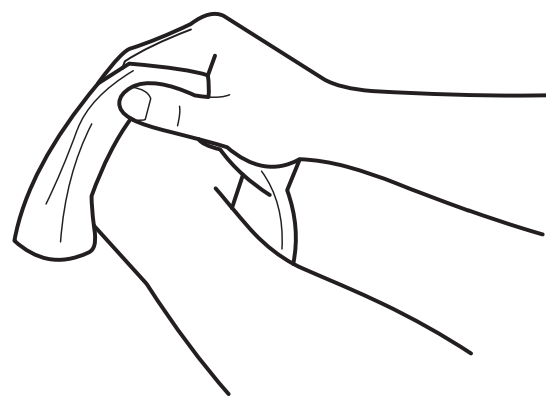
4



4



5

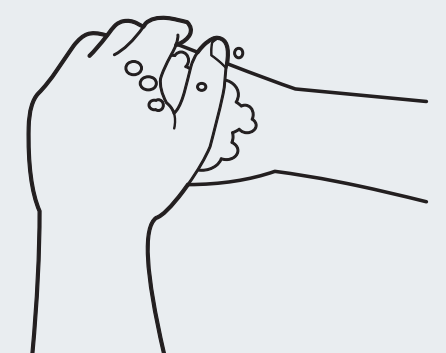


Tempo total?



Quando?

Antes e depois de prestar os primeiros socorros



helps people help

Realized with the support of the Belgian Development Cooperation



Belgium
partner in development



Primeiros socorros para lesões nos músculos, articulações ou membros



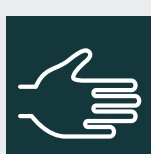
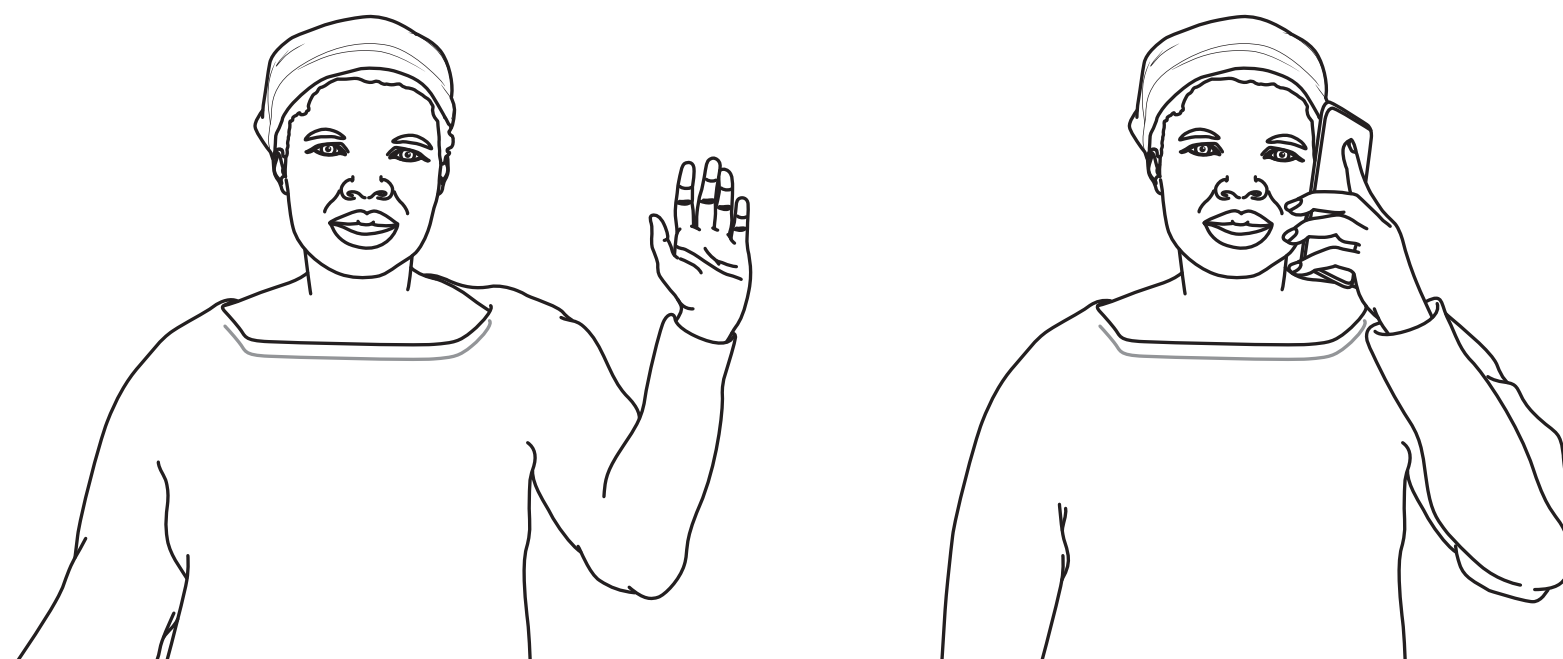
Torne a área segura



Avalie o estado da vítima

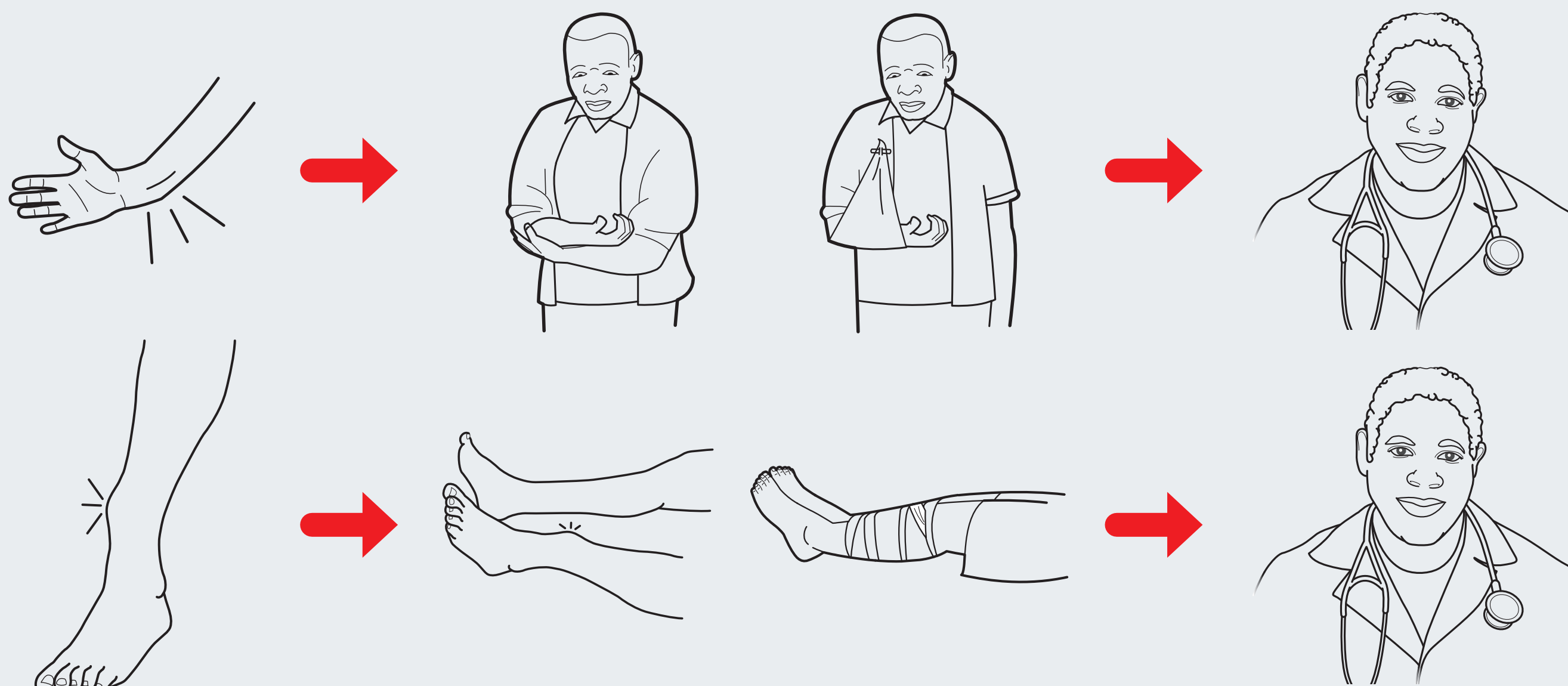


Procure ajuda

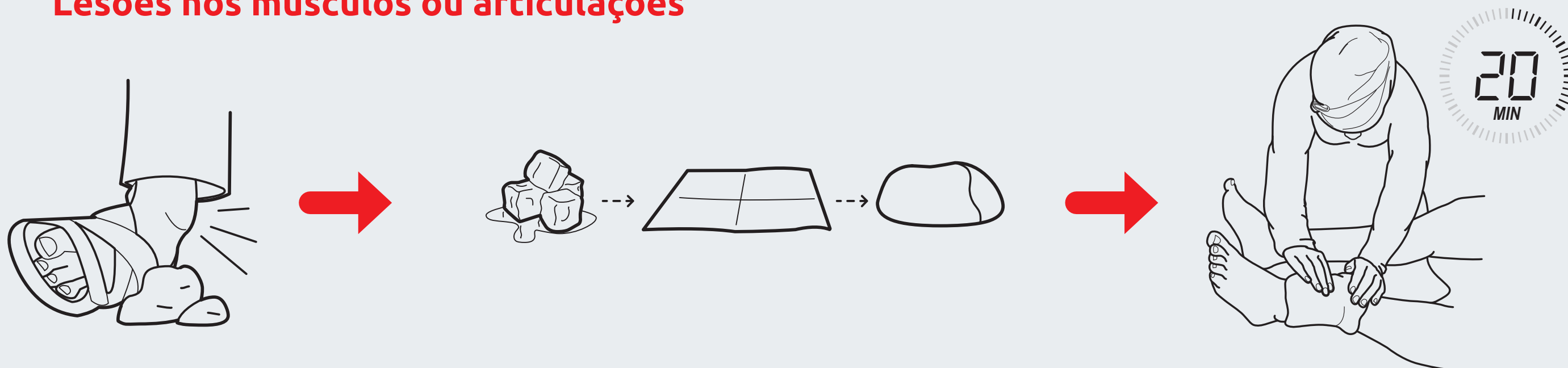


Preste os primeiros socorros

Membros quebrados ou deslocados



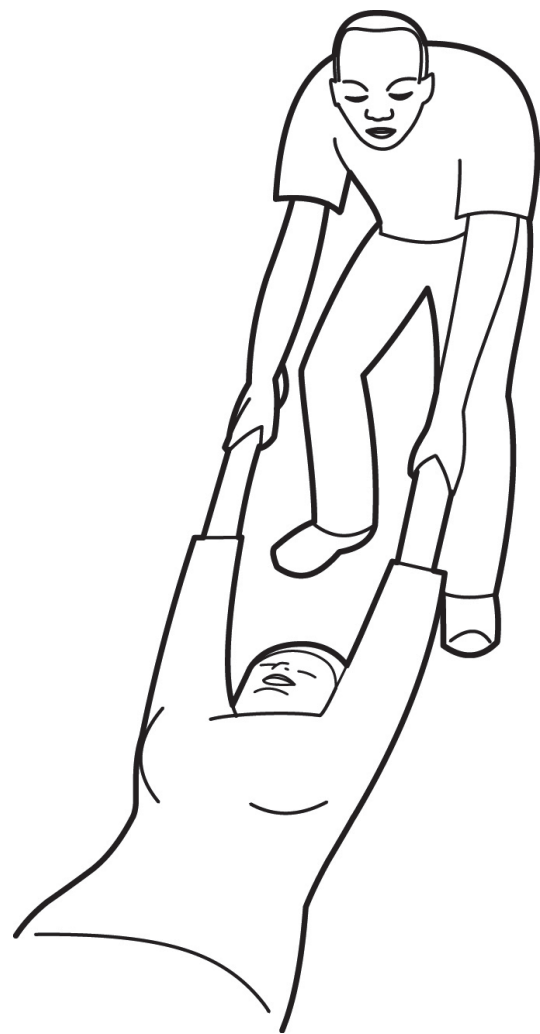
Lesões nos músculos ou articulações



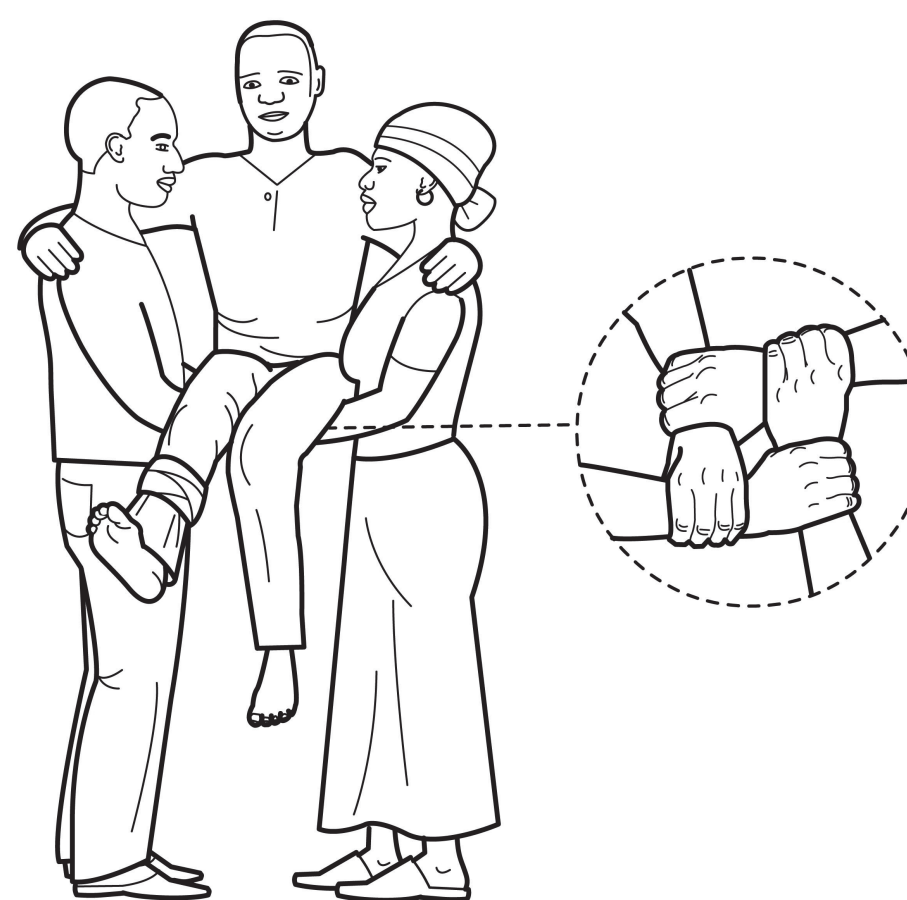
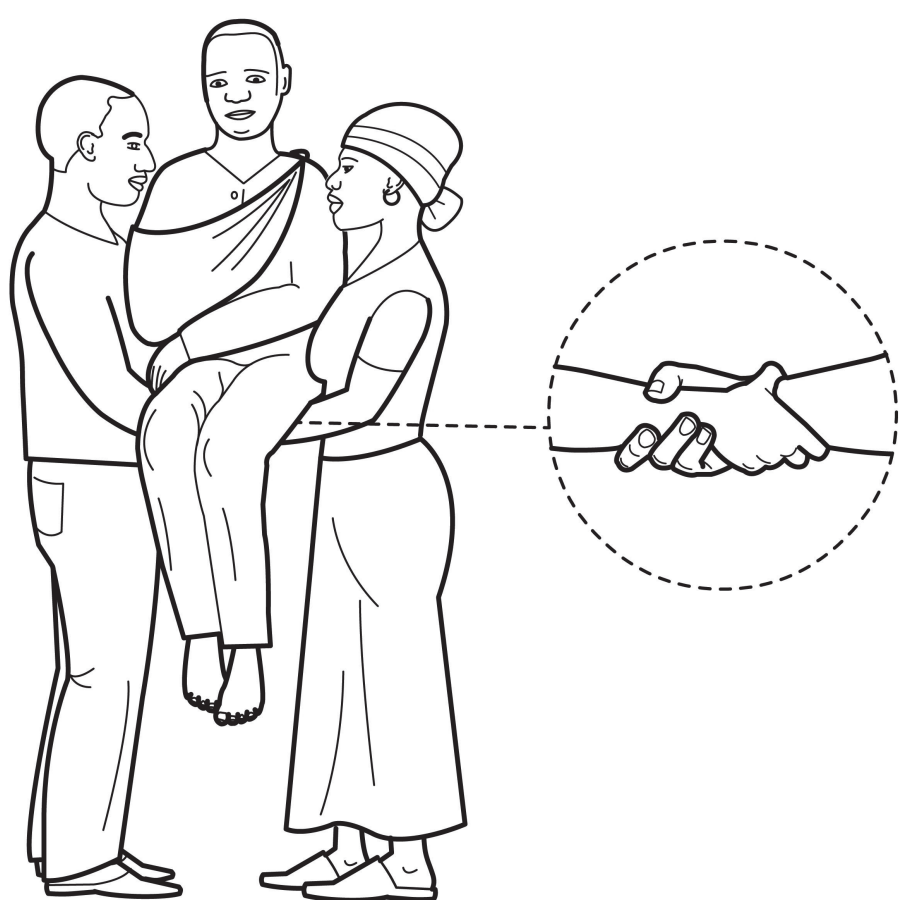
Movendo uma pessoa doente ou ferida



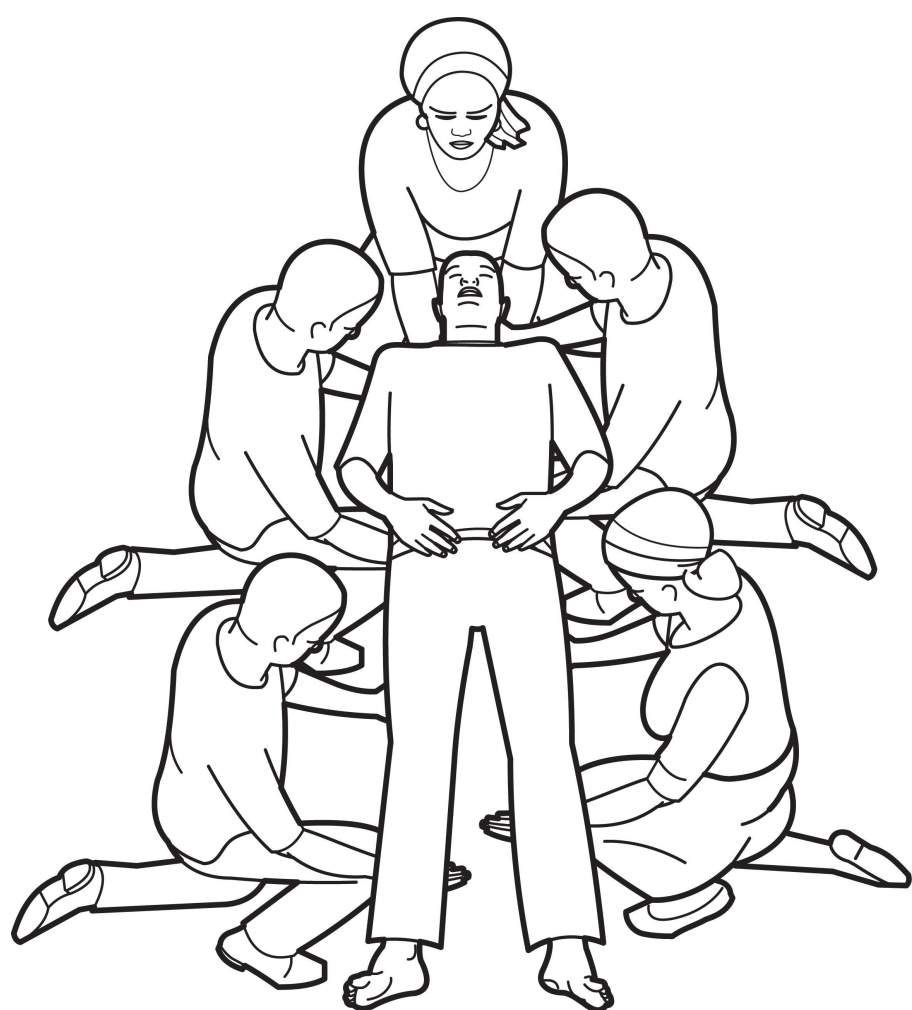
Você está sozinho?



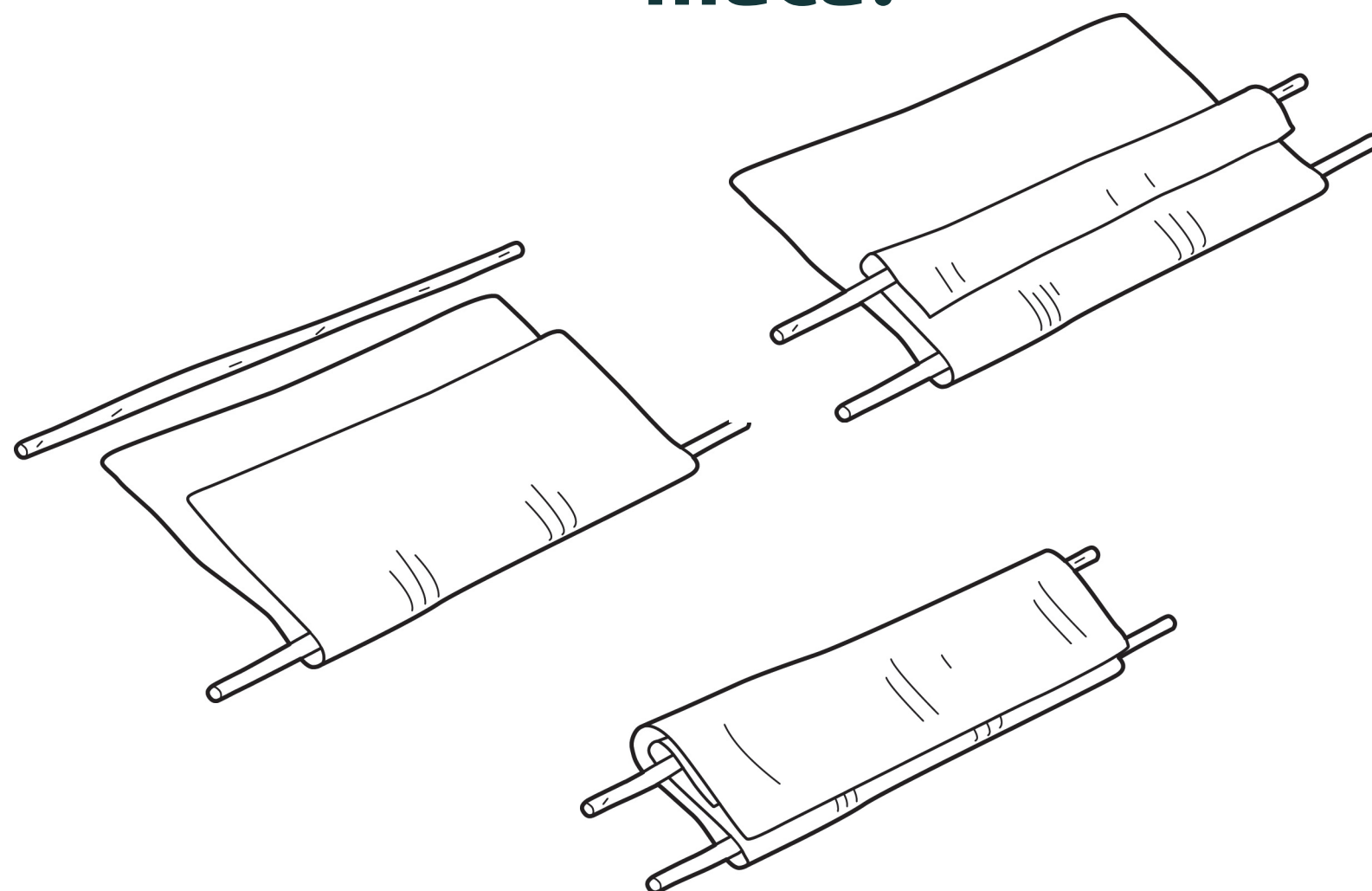
Existe outra pessoa para te ajudar?



Existem 4 outras pessoas para ajudá-lo?



Você precisa de uma maca?



Posição de recuperação



Torne a área segura



Avalie o estado da vítima



Você está bem?

A pessoa está consciente?

NÃO



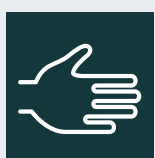
Ver, ouvir e sentir



Respiração normal



Procure ajuda



Preste os primeiros socorros

Suspeita de lesão medular?

SIM

NÃO



Todo minuto



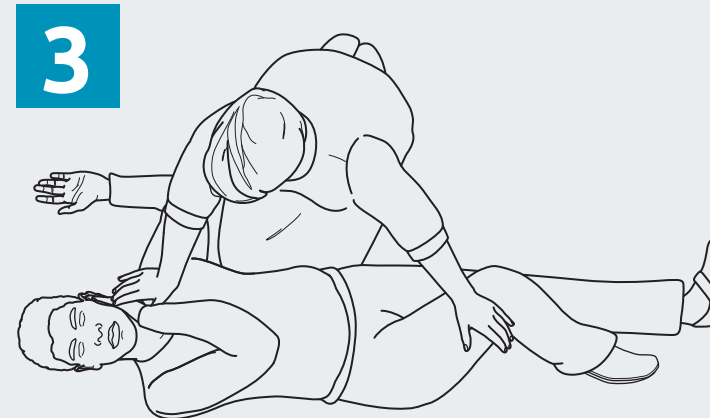
1



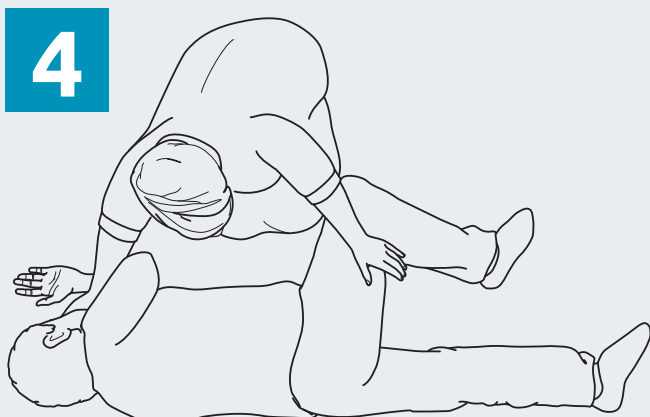
2



3



4



5



6



7



Belgian Red Cross

helps people help



Belgium partner in development

Realized with the support of the Belgian Development Cooperation



Primeiros socorros para sangramento grave



Torne a área segura



Avalie o estado da vítima



Procure ajuda

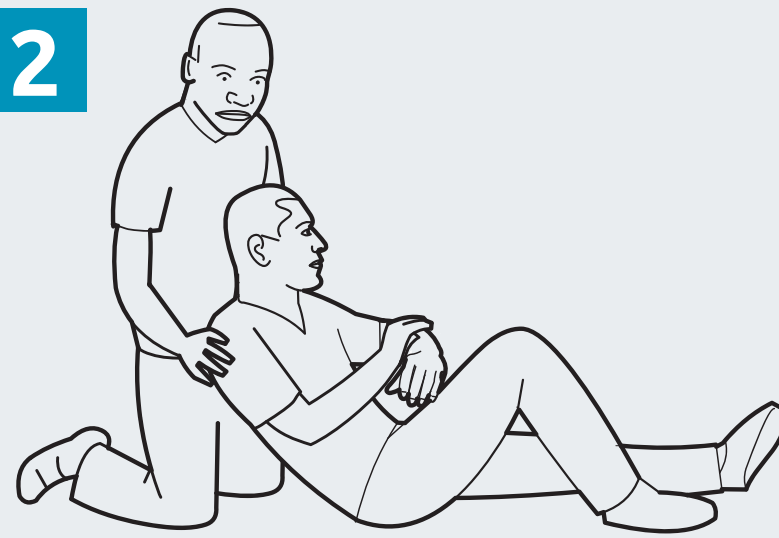


Preste os primeiros socorros

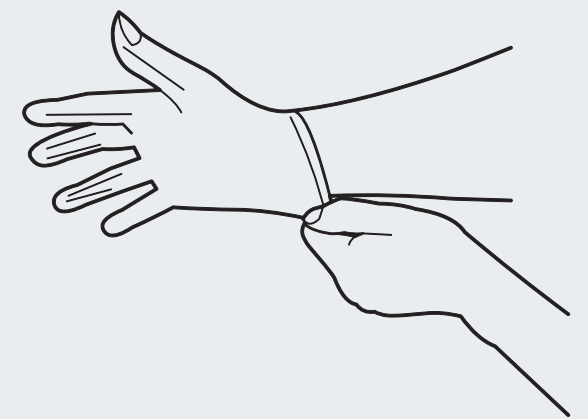
1



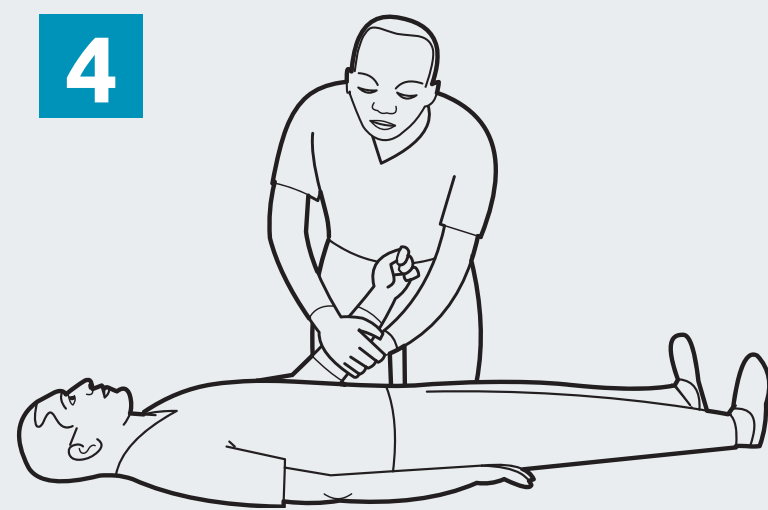
2



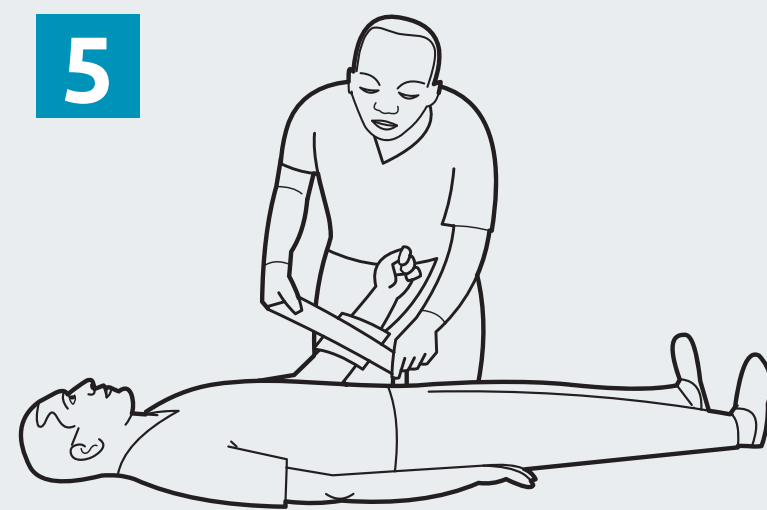
3



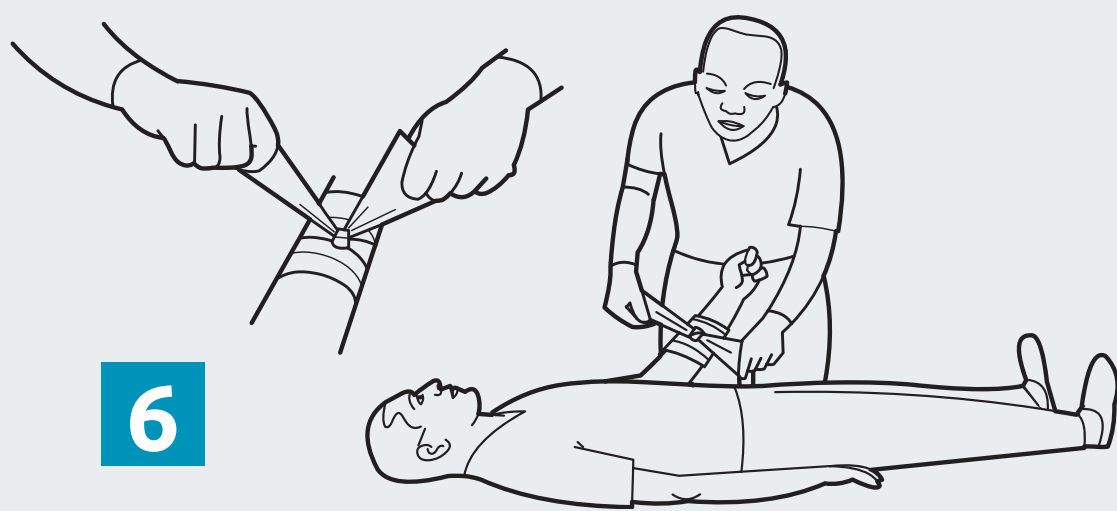
4



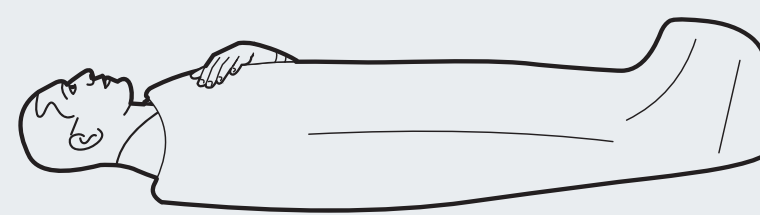
5



6



7



8



Hemorragia nasal



Belgian Red Cross helps people help

Realized with the support of the Belgian Development Cooperation



Belgium partner in development



Primeiros socorros para feridas de pele



Torne a área segura



Avalie o estado da vítima

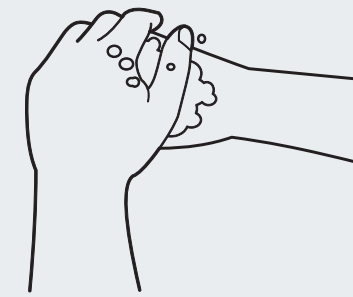


Procure ajuda

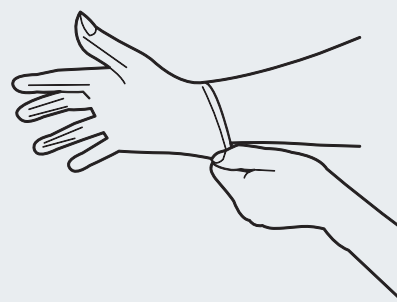


Preste os primeiros socorros

1

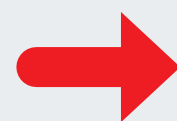


2



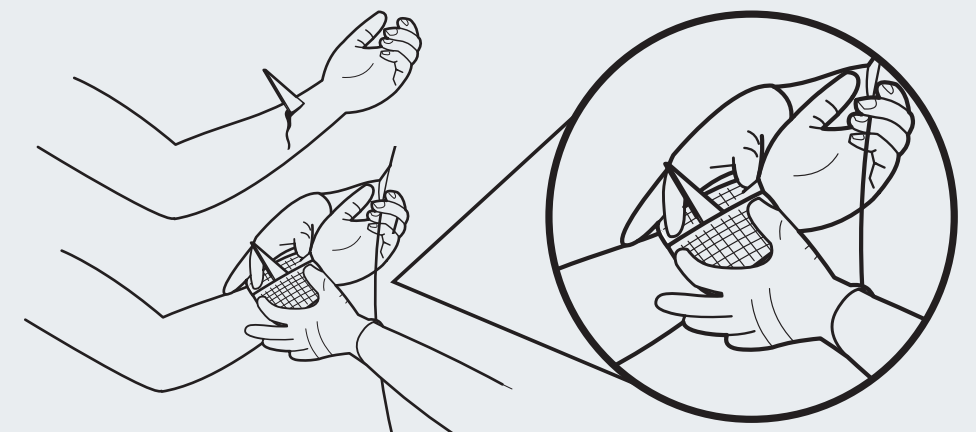
Objecto encravado?

NÃO

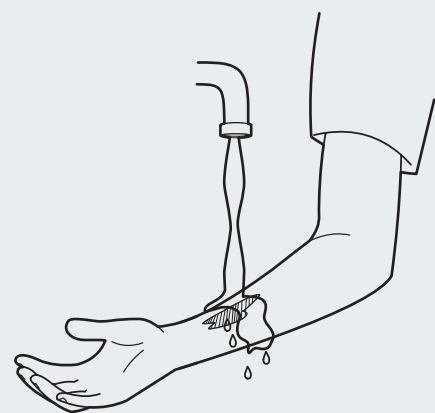


SIM

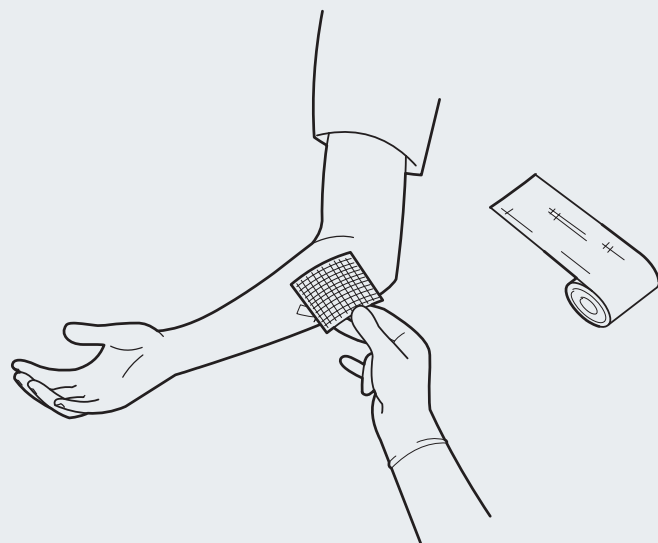
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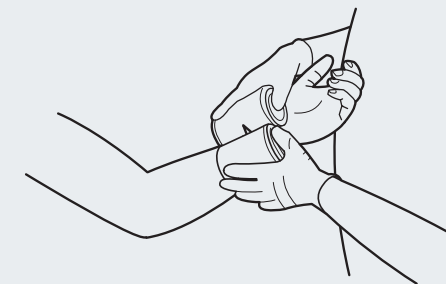
3



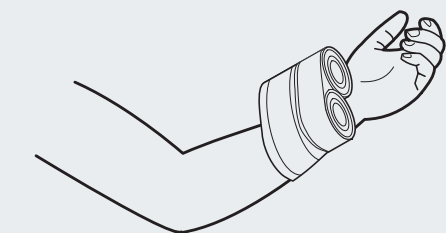
4



4



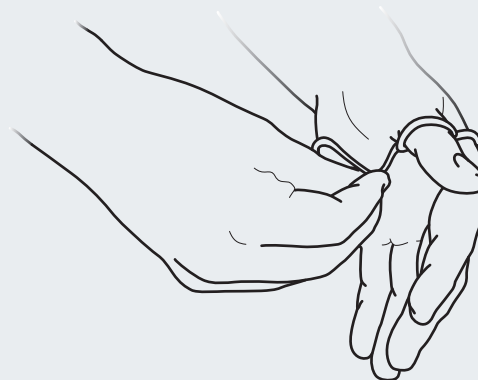
5



5



6



7



6



8



Belgian Red Cross

helps people help



Belgium partner in development

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