

First Aid for Electric Shock and Burns

Most electric shocks are minor, and the casualty will probably just be jumping around, swearing or joking. Call a first aider, and get the casualty checked over.

However, if it is more serious, as evidenced by their clearly not being their normal selves, or being found in a collapsed condition, proceed as follows.

Assess the situation. Does it appear that the casualty's life is in danger?
If so, send for help if there is anyone who can do this for you. Your messenger, or you, should phone direct for an ambulance 1 999, then call 37499 for a first aider.
Make the area safe. Turn off the electricity, and ensure that the casualty is not touching anything that could be live. Unplug (i.e. 'isolate') the equipment, or turn off the isolation switch if unplugging is not possible (e.g. to hard wired equipment).

For an unconscious casualty:

Ensure that someone has called for an ambulance and a first aider
Open the airway and check for breathing.
Give artificial ventilation if required, but if the casualty is breathing turn him/her into the recovery position.
Check for circulation. If the pulse is absent, go for help if it is not already on its way.
Then commence CPR if you know how to do this
Do not give up – victims of electric shock will frequently recover after quite lengthy periods of resuscitation (even up to one hour in exceptional cases).
A casualty who has been unconscious should go to hospital in an ambulance.

Conscious casualty

Send for a first aider: call 37499.
Check for burns – these may be red, white or black.
Sit the person down and be ready to treat for shock.
Immerse any burns in cool water.
A casualty with electrical burns should go to hospital in an ambulance.

A less severely injured casualty, who has no burns, and who did not lose consciousness, should be kept under observation, and if in any doubt taken to a doctor. The first aider will advise.

An accident form, available in the Main Stores, should be completed (preferably by a first aider, if one is in attendance) and the accident book, also held in the Main Stores, should be filled in.