

Download European Red Cross First Aid Manual

First aid is the first and immediate assistance given to any person suffering from a serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. Abdominal thrusts (also called the Heimlich maneuver or Heimlich manoeuvre, German pronunciation: [ˈhaːmlɪç -]) is a first aid procedure used to treat upper airway obstructions (or choking) by foreign objects. The International Committee of the Red Cross (ICRC) ensuring humanitarian protection and assistance for victims of war and other situations of violence. Welcome to the First Aid page. The First Aid at Work standard NR/L2/OHS/00110 has been updated. The content of the standard has been reviewed to improve clarity and sets out: