

ESMAABI

Esmaabi on esmane abistav
käitumine õnnetuste või
vigastuste korral
olemasolevate vahendite abil
enne kiirabi või arsti saabumist



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ESMAABI ASTMED:

- Luua turvaline keskkond
- Arvestada inimestega
- Helistada 112
- Anda esmaabi



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LUUA TURVALINE KESKKOND

kindlustada, et olukord ei
muutu halvemaks



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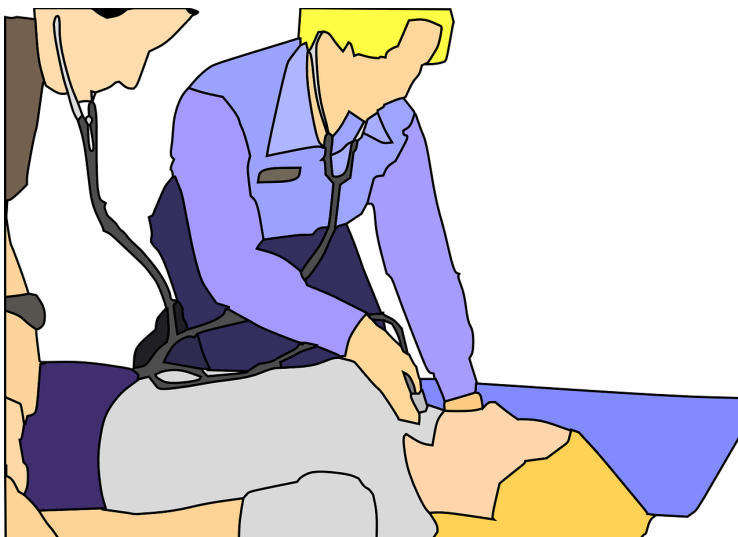
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ARVESTADA INIMESTEGA

kontrollida, kas kannatanu on
teadvusel



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HELISTADA 112

õnnetuse korral teha
hädaabikõne



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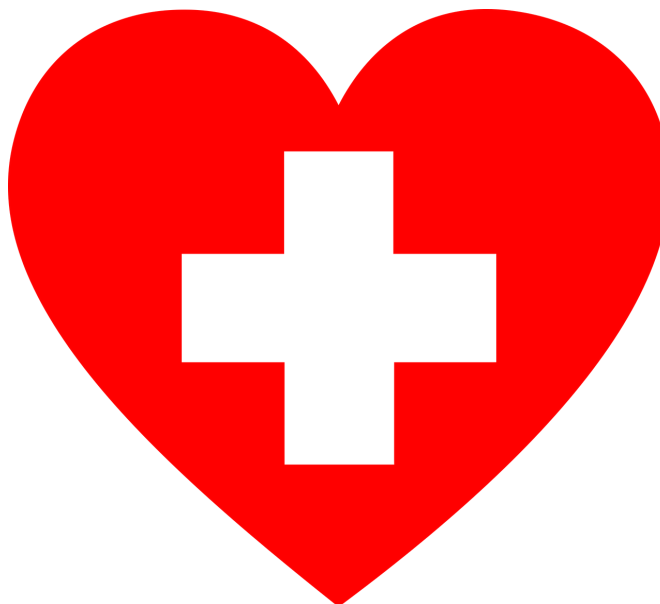
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ANDA ESMAABI

aidata kannatanut



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HELISTADES 112

- selgita olukorda
- anna asukoht
- üksikasjad õnnetuse ja vigastuse kohta



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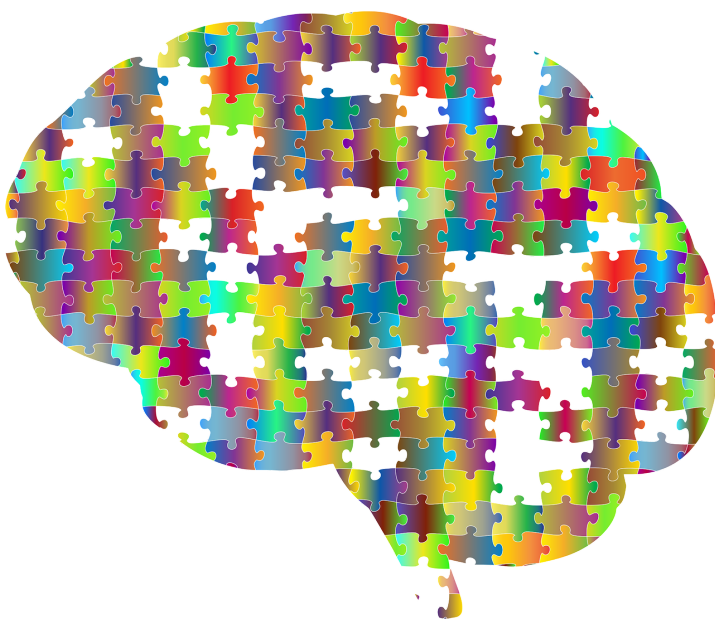
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PSÜHHOLOOGILINE ESMAABI

- Hoida ära inimese olukorra edasine halvenemine
- Aidata inimesel maha rahuneda
- Aidata inimesel otsida edasist arstiabi



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