

ESMAABI

Esmaabi on õnnetuste või vigastuste korral esmane abistav tegutsemine olemasolevate vahendite abil, et päästa kannatanu elu või vähemalt leevendada valu ja vältida tema seisundi halvenemist enne arstiabi saabumist.



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ESMANE REAGEERIJAJA

on tavaline inimene, kes näeb hädalukorda ja peab tegutsema ning esmaabi andma enne kiirabi saabumist



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ESMAABI ASTMED:

- Loo turvaline keskkond
- Arvesta inimestega
- Helista 112
- Anna esmaabi



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LOO TURVALINE KESKKOND

kindlusta, et olukord ei muutu
halvemaks



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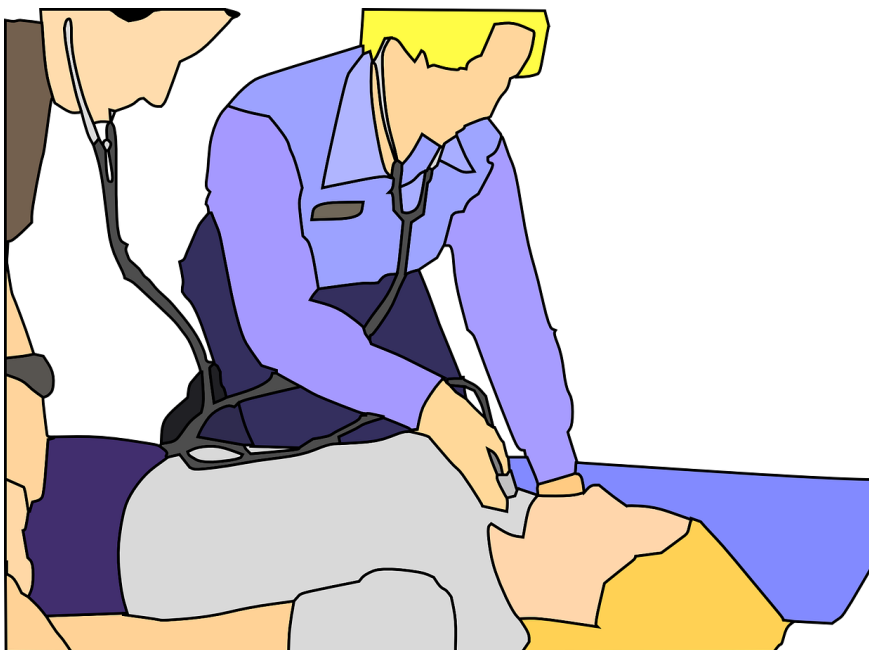
ARVESTA INIMESTEGA

kontrolli, kas kannatanu on
teadvusel, järgides juhiseid,
mida hõlmab

ELUSTAMISE ABC



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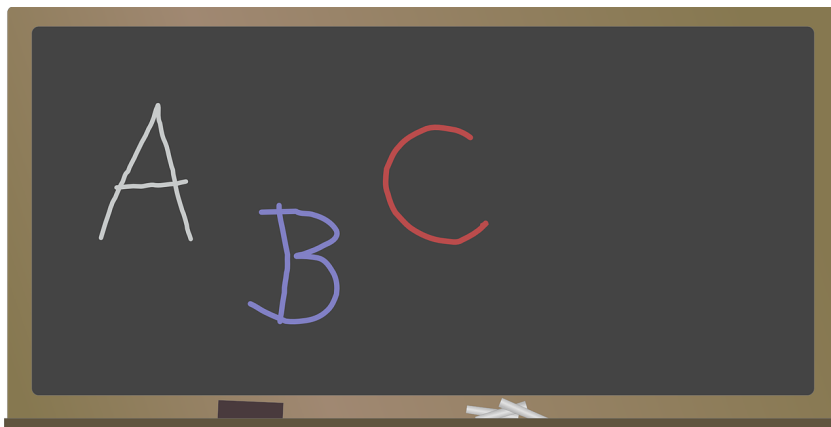
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ELUSTAMISE ABC

- Kontrolli ja ava hingamisteed
- Kontrolli hingamist, tee kunstlikku hingamist
- Kontrolli südamelööke, tee südamemassaaži



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HELISTA 112

õnnetuse korral tee
hädaabikõne



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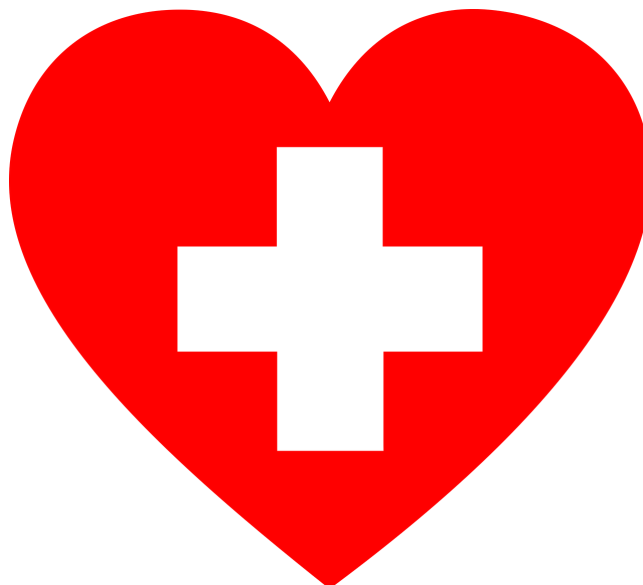
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ANNA ESMAABI

aita kannatanut



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HELISTADES 112

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



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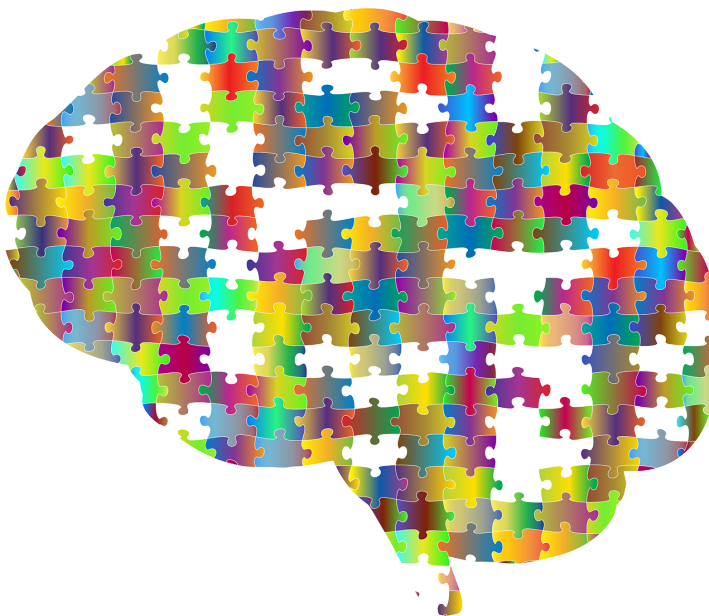
PSÜHHOLOOGILINE ESMAABI

on abi, mida kannatanu võib
vajada ja selle eesmärk on:

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



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