Electric shock: first response

Do not touch. Switch off the power. Call for help.

DO NOT TOUCH THE PERSON until the power is off

1 Keep yourself safe

Do not touch the person, or anything they are touching, until you are sure the power is off. Call **112** at once (or **108** for an ambulance), or ask someone else to. If you cannot switch the power off, keep yourself and everyone else back.

2 Switch off the supply

Switch off at the plug or switch, or turn off the **main switch or MCB** at the distribution board. Do not use metal tools. Do not go near with wet hands or bare feet. **Fallen, overhead or high-voltage lines:** stay more than 8 to 10 metres away, keep others back, and call 112 and the electricity company.

3 Once the power is off

Do not move the person unless they are still in danger. Follow what the 112 call handler tells you.

4 Check response and breathing

Tap their shoulders and call out loudly. If they do not respond and are not breathing normally (gasping is not normal), **start CPR** straight away and use an AED as soon as one arrives. If they are breathing normally, turn them on their side (recovery position) and keep checking.

5 Look after burns

Only once the power is off and CPR is not needed. Cool the burn under cool, clean running water for 20 minutes (10 minutes helps if that is all you can manage). Cover it loosely with a sterile dressing or clean cloth. Never delay CPR or the 112 call to cool a burn.

6 Always get a medical check

Even if the person looks fine. A shock can affect the heart's rhythm and burns can be deeper than they look. At work, tell the supervisor or electrical engineer so the faulty supply is isolated.

Do not rely on rubber chappals or a wooden stick. Wet or worn soles and wet wood can still conduct. **Switch off the supply first.**

This chart does not replace first-aid training.

A guide, not a legal compliance document. Follow your local fire department's advice.

CALL 101 OR 112

101 = fire service | 112 = any emergency

In a real fire: get out first, then call from outside.