

Sauvetage Secourisme au Travail

Module B1 : protéger, alerter

1. Protéger
2. Alerter



Module B2 : dégagements d'urgence

3. Traction par les chevilles
4. Saisie par les poignets
5. Dégager d'un véhicule



Module B3 : bilan et surveillance

7. Contrôler la conscience
8. Libérer les voies aériennes
9. Contrôler la respiration
10. Contrôler le pouls carotidien
11. Compléter le bilan
12. Assurer la surveillance



Module B4 : hémorragies

13. Compression manuelle
14. Relais par un tampon compressif
15. Point de compression au pli de l'aîne
16. Point de compression au creux de la aisselle
17. Point de compression à la base du cou
18. Mise en place d'un garrot
19. Placer en position d'attente la victime d'une hémorragie
20. Hémorragies extériorisées
21. Saignement de nez
22. Vomissement ou crachement de sang



Module B5 : victime inconsciente

23. Désobstruction digitale des voies aériennes
24. Position latérale de sécurité (PLS)



Module B6 : détresse ventilatoire

25. Bouche à bouche
26. Bouche à nez
27. Bouche à bouche et nez
28. Manœuvre de Heimlich debout
29. Manœuvre de Heimlich assis
30. Manœuvre de Heimlich couché



Module B6 : détresse ventilatoire

25. Bouche à bouche
26. Bouche à nez
27. Bouche à bouche et nez
28. Manœuvre de Heimlich debout
29. Manœuvre de Heimlich assis
30. Manœuvre de Heimlich couché



Module B7 : arrêt cardio-ventilatoire

33. MCE de l'adulte
34. Massage cardiaque externe de l'enfant
36. Massage cardiaque externe à deux sauveteurs
37. Massage cardiaque externe sauveteur isolé



MCE

Module B8 : malaises

39. Reconnaître les signes d'un malaise
40. Mettre la victime d'un malaise au repos
41. Agir face à un malaise



Module B9 : plaies et brûlures

45. Plaque simple
46. Surveiller une plaie simple
47. Plaque grave
48. Plaque à l'abdomen
49. Plaque au thorax
50. Plaque à l'œil
51. Plaque avec corps étranger
52. Brûlure simple
53. Surveiller une brûlure simple
54. Brûlure grave
55. Complications d'une brûlure grave
56. Brûlure chimique
57. Brûlure électrique



Module B10 : traumatisme des os et des articulations

61. Caler le membre inférieur
62. Soutenir le membre supérieur
63. Traumatisme du dos



Module B11 : Relevage

65. Pont Simple
66. Pont Néerlandais



Notre mission est de vous accompagner dans vos efforts de prévention et de protection des risques

Meacutemofiches De Secourisme Pscsst

Xiaolong Qi



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