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WHAT SHOULD A WITNESS TO AN INCIDENT DO?

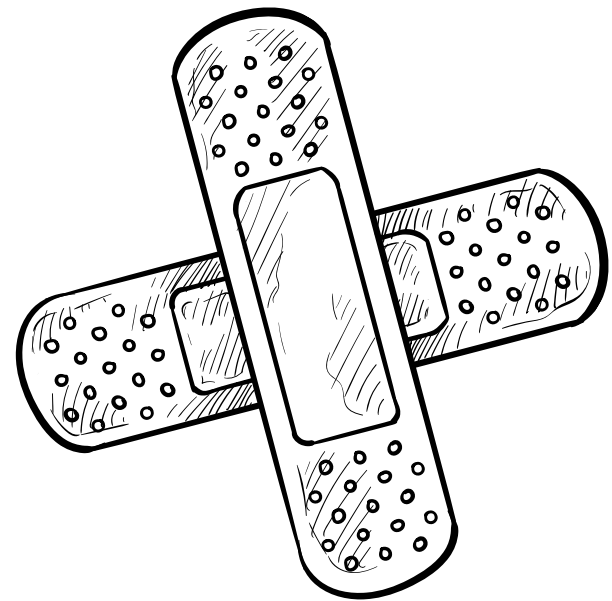
ZS BOLIMÓW

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PAGÓREK

22.03.2026–4.04.2026

1 PARAMEDICS



2 ARMY

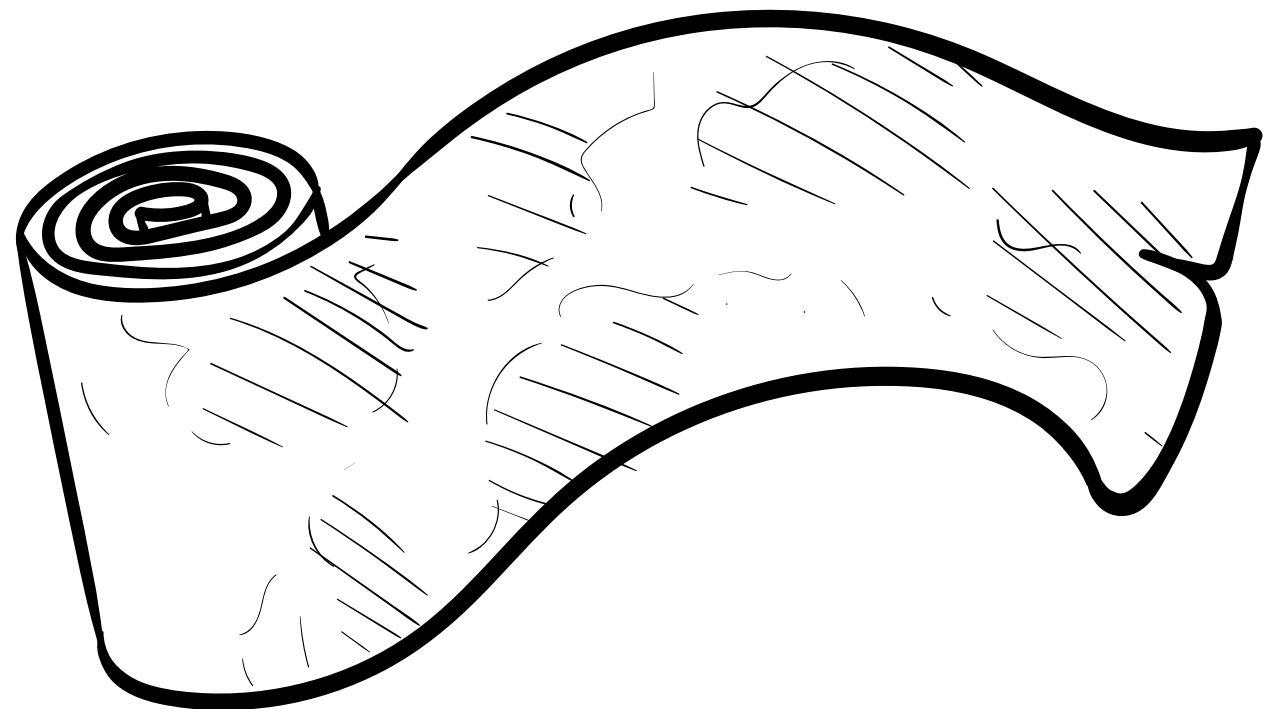
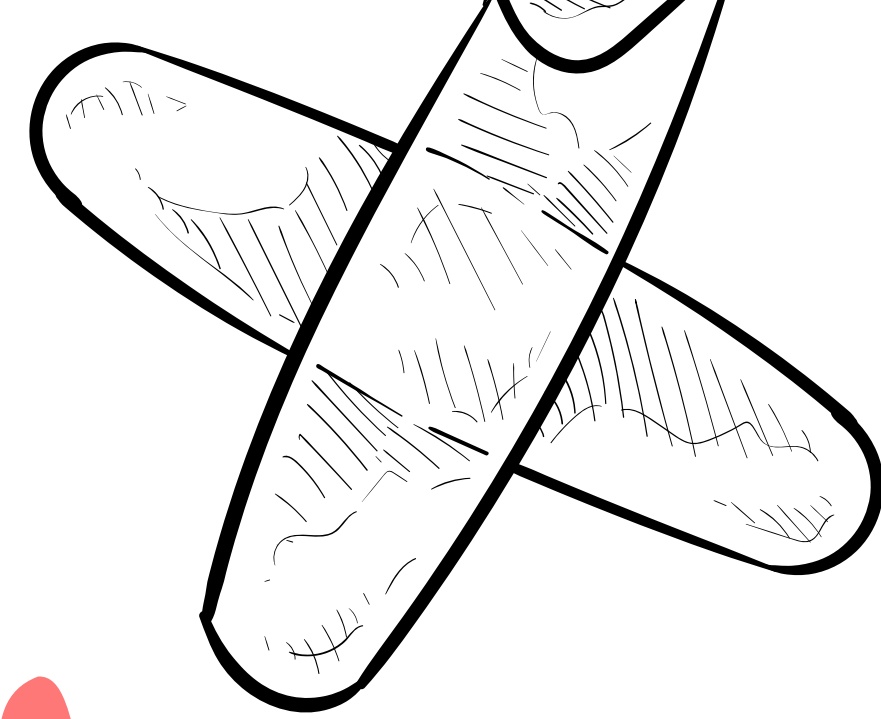


3 FIREFIGHTERS



1

**EMERGENCY
MEDICAL SERVICES**





WHO IS THE WITNESS OF THE EVENT?

THIS IS THE PERSON WHO IS THE FIRST TO NOTICE AN ACCIDENT OR SUDDEN EVENT AND IS ABLE TO REACT QUICKLY, HELPING THE INJURED PERSON UNTIL THE EMERGENCY SERVICES ARRIVE.



THE MOST IMPORTANT RULE

SAFETY First!

Your health is the most important thing.
Before you do anything, make sure the
area is safe.

Do not approach if the situation appears
threatening.



SECURITY

Check the scene of the incident:
traffic

fire, electricity, gas

Put on gloves (if equipped)

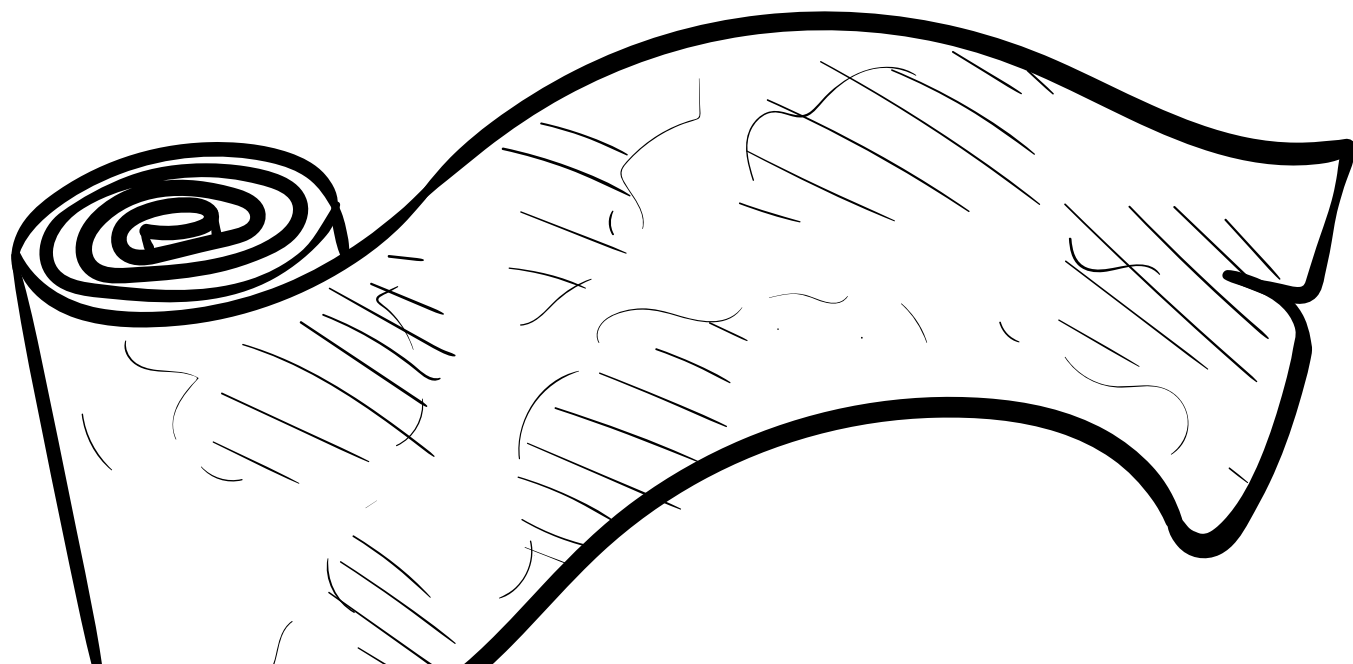
Secure the area (e.g. warning triangle)

Make sure there are no other threats to
you or the injured party.

Call for help if the situation appears
serious

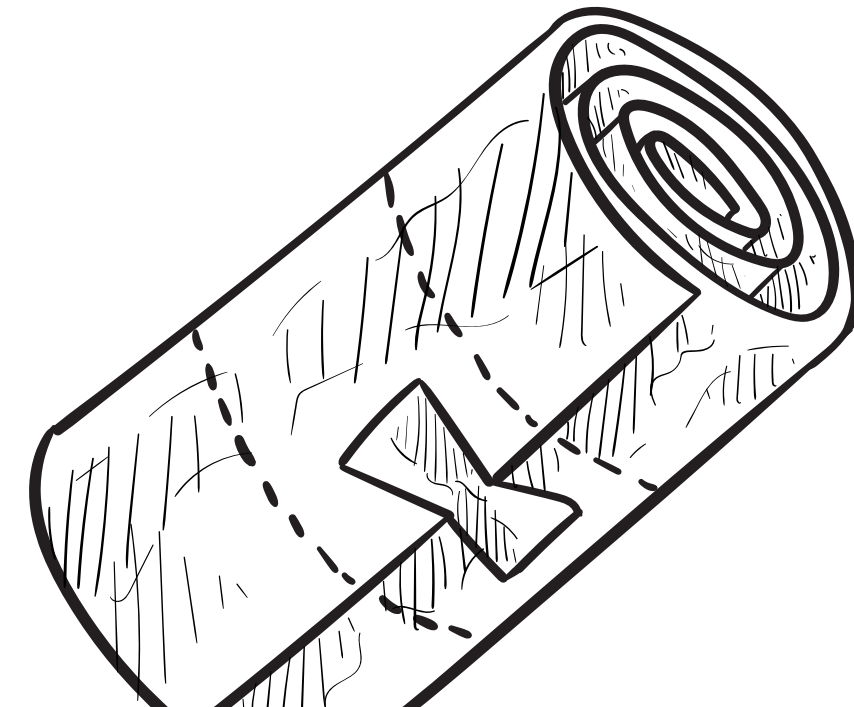
CHECKING THE REACTION

Get closer and ask, "Can you hear me?" Gently move their shoulders. If they don't respond, they're unconscious, so check. breath and prepare for further assistance.



BREATHING CHECK

Open the airway by gently tilting the head back. Check for breathing for about 10 seconds: watch the chest rise, listen to the sound of breathing, and feel for air movement.





CALL FOR HELP

Emergency number: 112 in Europe.

In the US, dial: 991.

Tell the dispatcher:

- exact location
- what happened
- how many people need help
- what condition are they in?
- are there any other threats?

Don't hang up - the dispatcher will guide you step by step.

HELP FOR THE INJURED PARTY

He's breathing
set it to the side position and
check the condition

→ If he is not breathing, perform
CPR without interruption.

3. He's bleeding → stop the
bleeding, don't remove the
dressing

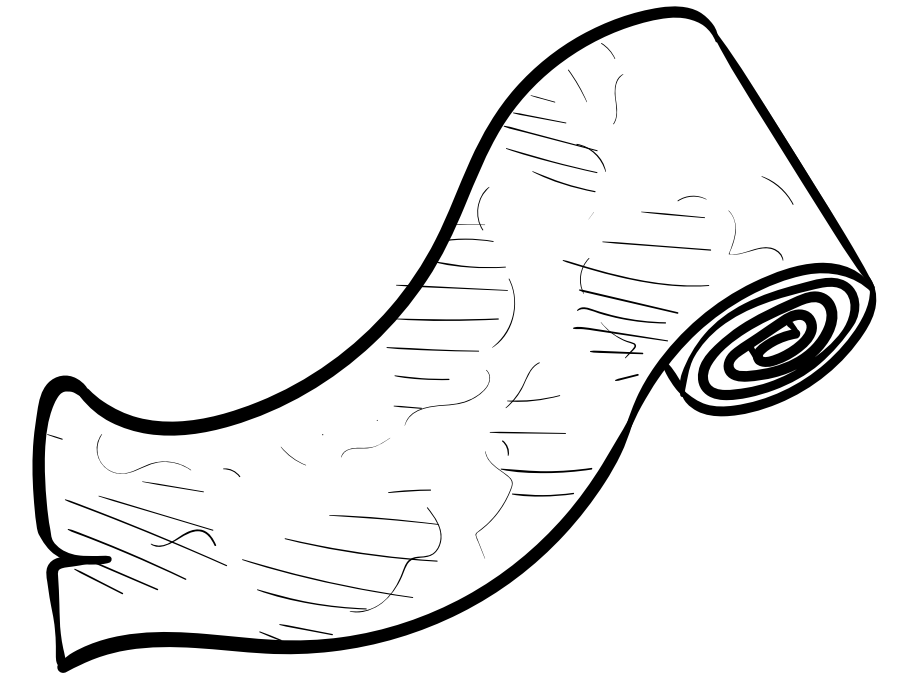
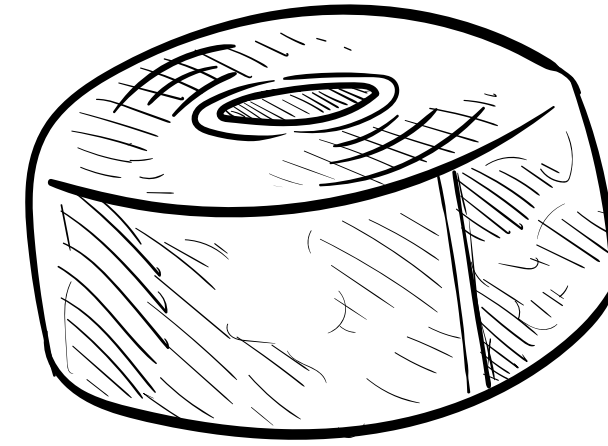
Stay with the injured person until
the rescuers arrive.



SWOON

Symptoms:
dizziness
paleness
cold sweats
short loss
consciousness

What to do:
lay on your back
lift your legs
loosen your clothes
keep your breathing calm



LOSS OF CONSCIOUSNESS

Check breathing.

If he breathes

place in a lateral position and
check the condition regularly.

If he is NOT breathing

begin CPR: 30 compressions
and 2 breaths until help arrives.

BLEEDING

Apply firm pressure
Reach for a bandage or
clean material
Raise the limb, as far as
possible
Severe bleeding = quick help

The most common mistakes made by witnesses

Lack of reaction or panic – makes it difficult to take quick action.

Failure to secure the scene of the accident exposes witnesses and the injured party to additional danger.

Not calling for help delays professional support and reduces the chances of effective help.

Important rules

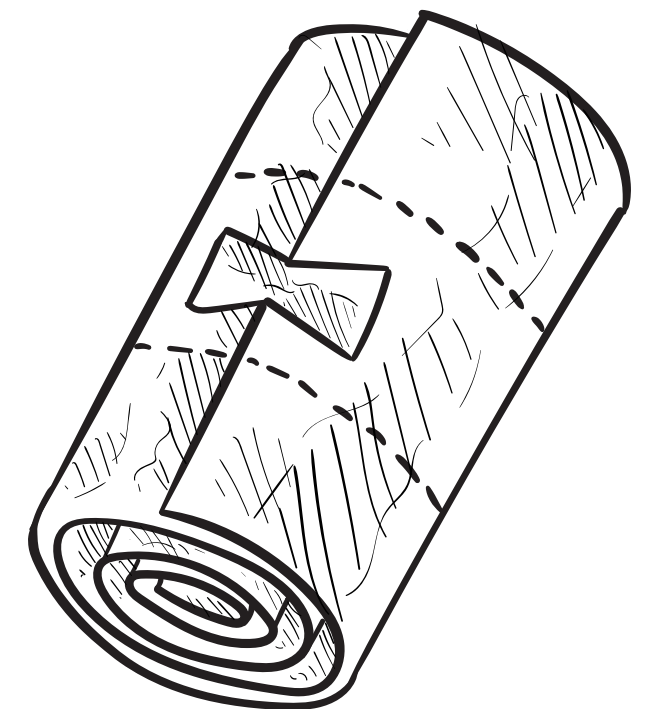
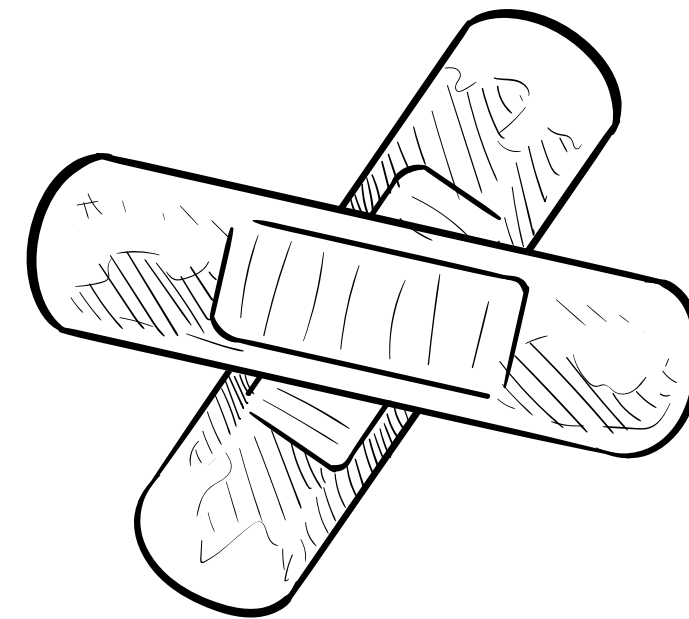
Keep calm

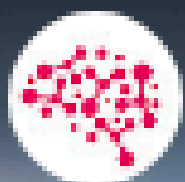
Follow the pattern

Any help is better than no action

Don't be afraid to help

The most important thing is to take the first step





Pierwsza pomoc

Akademia NFZ



PIERWSZA POMOC

ŚRODA Z PROFILAKTYKA



Watch on  YouTube



2

ARMY



What should a witness to a military incident do?



Keep calm

- ***Remaining calm is the first and most important rule. Panic can lead to poor decisions and even increase the risk. Focus on quickly assessing the situation and priorities: who needs help, and whether the area is safe.***

Assess the threat

- ***Identify the risks to yourself, the injured, and other soldiers. Determine whether the situation is dynamic (e.g., fire, explosion, car accident). If the incident is potentially life-threatening, take immediate protective measures, such as evacuating or securing the area.***





What should a witness to a military incident do?



- ***Notify the appropriate services***

Always inform your superior or unit commander of the incident. If necessary, notify paramedics or military medical services.

Use military alarm systems: emergency telephone, radio, light or sound signals.

Provide detailed information: place, time, number of injured parties, type of incident.



What should a witness to a military incident do?



Provide first aid

If you have medical training, start immediately for life-saving activities:

- Bleeding control
- Cardiopulmonary resuscitation (CPR)
- Protection of fractures and wounds
- Ensure the safety of the injured person until professional help arrives.
- Do not move the injured person unnecessarily - this may worsen the injury.



What should a witness to a military incident do?

- ***Notify your superiors***

Immediately report the incident to your commander or other responsible person. The military operates a strict hierarchy, so this is crucial.

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Immediately report the incident to your commander or other responsible person. The military operates a strict hierarchy, so this is crucial.

- ***Submit a report***

You will be required to file a report or give a statement. Provide only the facts – what you saw and heard, without speculation.





3

GUARD





WHAT A FIREFIGHTER SHOULD DO:

seeing a witness to the event

1. Secures the scene of the incident – ensures the safety of himself, the injured and other people.
2. Approaches the witness – quickly establishes contact and calms down him if he is upset.
3. Gathers information – asks short, specific questions, e.g.: what happened, how many people were injured, where exactly are the injured, is there a threat (e.g. fire, gas).



WHAT A FIREFIGHTER SHOULD DO:

seeing a witness to the event

4. Verifies information – compares the witness's account with what he sees at the scene.
5. Uses information in action – passes it on to the rest of the team to help injured people more quickly and effectively.
6. If necessary, asks a witness for help – e.g., to show the way, bring equipment, or move to a safe place.



WHAT A FIREFIGHTER SHOULD DO:

witnessing the event

1. Assess the situation and safety – first, check whether it's safe to approach. This doesn't endanger themselves or others.
2. Securing the scene of the incident – e.g. warning others, setting up a warning triangle, moving people away from the danger.
3. Calling for help – calls the emergency number (112 or 998) and provides detailed information about the incident.
4. Providing first aid – if someone is injured:
 - checks consciousness and breathing,
 - if necessary, start CPR,
 - stops bleeding,
 - places in a safe position.





WHAT A FIREFIGHTER SHOULD DO:

witnessing the event

5. Directing activities until the arrival of emergency services – may give instructions to other witnesses to facilitate assistance (e.g. someone calls, someone brings a first aid kit).
6. Providing information to the services – after the arrival of rescuers, inform them what happened and what actions were taken.



THANK YOU
FOR YOUR ATTENTION

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