

2. First Aid (Injury and sudden illness)

- ◆ If you find yourself or another person being injured or suddenly taken ill, take emergency measure depending on the severity of the injury or illness.
It will be helpful to call the accelerator operation manager (090-3051-3770), the operator of the accelerator (ext. 8835 or 8836), the general affairs section of the RCNP office (ext. 8902 or 8903), or the Ibaraki branch of the fire station (ext. 118).
- ◎ When it is difficult to make a decision, consult the Osaka Municipal Emergency Hospital Information Service; #7119 (or 06-6582-7119).
- ◆ If you find a sick or wounded person, please help to take the person to a medical facility or to conduct an ambulance.

It is prohibited to drive by a sick or wounded person.

< General Matters >

- All the stuffs should give care to safety in order to avoid any accident.
- If an accident with sudden illness or wound in RCNP, connect to the contact addresses in the following list, and inform about the accident.
An ambulance should be called by the person who found or experienced the accident.
It is also required to notify the general affaires section of the RCNP office.

List of contact addresses for first aid

Person for day/night duty (**090-3051-3770**)

Accelerator operator (ext. 8835 or 8836, during the machine time)

Radiation control office (ext. 8830, Monday to Friday, 9:00~18:00)

General affairs section (ext. 8902 or 8903, Monday to Friday, 8:30~17:30)

Osaka Gas Facilities (OGFA) (ext. 8890, Sat., Sun. and holidays)

When you ask for an ambulance or a hospital, keep cool and give the following information;

- precise address of the place where the injured or wounded person is staying (which building, which room, etc.),
- whether in the radiation-controlled area or not,
- condition of the injured or wounded person (injury or illness, when, who, where, and how injured or wounded, etc.),
- the name and the phone number of the person who made a contact to the fire station or hospital.

Treatment for a slight illness or wound

- There are first-aid boxes the radiation-control office and the general affairs office. Please contact the general affairs office (ext. 8903), if you need an additional box or supplementation of medicines.
Suita branch of the University healthcare center (06-6879-8970) is open during business hours.

Others

The condition of an injured or wounded person may suddenly become worse. When it is necessary to go to a hospital, somebody should accompany the injured or wounded person. The injured or wounded person can never drive to the hospital by himself or herself.

If an accident with injury or wound occur in RCNP, submit the notification form of accidents to the general affairs section. The form can be downloaded from the following web site;

<http://www.rcnp.osaka-u.ac.jp/Divisions/plan/riyou/Anzen/index.html>

How to use AED

○ What is “AED” ?

AED (**A**utomated **E**xternal **D**efibrillator) is a portable electronic device that automatically diagnoses the potentially life threatening cardiac arrhythmias of ventricular fibrillation* and ventricular tachycardia** in a patient, and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.

From July in 2004, AEDs are allowed to be used by laypersons who ideally should have received AED training.

AEDs are provided at hospitals, clinics, ambulances, and other public or densely populated places like airports, train stations, gyms, schools, public facilities, companies, and so on.

In RCNP, an AED is available at the lobby in the first floor of the main building.



*Ventricular fibrillation

Ventricular fibrillation (V-fib or VF) is a condition in which there is uncoordinated contraction of the cardiac muscle of the ventricles in the heart, making them quiver rather than contract properly. Electric shock with defibrillators like AED is considered to be the only way to treat VF. Since the effect of the treatment with an electric shock is found to be reduced by 7~10% per minute after occurrence of VF, quick treatment is of vital importance.

** Ventricular tachycardia

Ventricular tachycardia (V-tach or VT) is a tachycardia, or fast heart rhythm, that originates in one of the ventricles of the heart. This is a potentially life-threatening arrhythmia because it may lead to ventricular fibrillation, asystole, and sudden death.

○ How to use AED ?

- (1) If you find a person falling down without consciousness and/or breathing, perform cardiopulmonary resuscitation, and ask a nearby person to call an ambulance and to help saving the life of the patient.

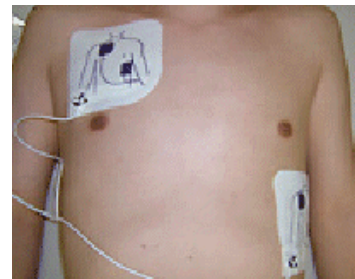
- (2) Open the box and turn on the AED.



- (3) A spoken instructions will start automatically. Perform operation and treatment following the instructions. The procedure of the treatment is as follows;

- 1) Practice artificial respiration on the patient.

- 2) Connect the electrodes (pads) to the upper-right position and the lower-left position of the chest of the patient. Two electrodes are the same as each other.



- 3) The AED will automatically check whether the electrodes are connected properly. If the electrodes are attached correctly, the indicator for pad condition will go off.
- 4) The AED will automatically examine the electrical output from the heart and determine if the patient is in a shockable rhythm (either ventricular fibrillation or ventricular tachycardia).

- 5) If the device determines that a shock is warranted, check nobody is touching the patient, and turn on the switch for electric shock according to the spoken prompt.



- 6) After the shock is completed, try heart massage and artificial respiration on the patient again, and wait for the arrival of an ambulance.

For further information, consult the homepages of companies selling AEDs.