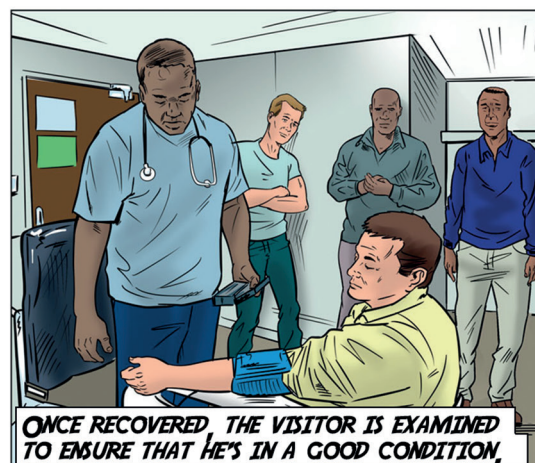
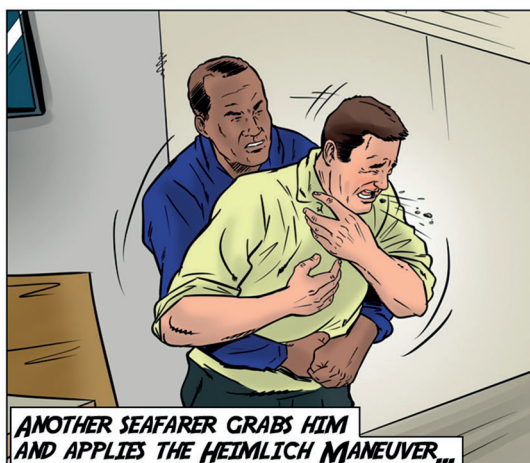
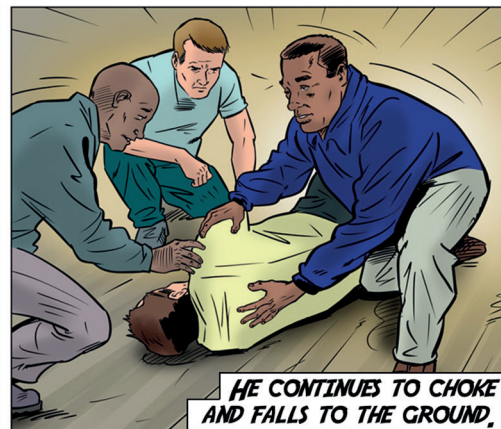
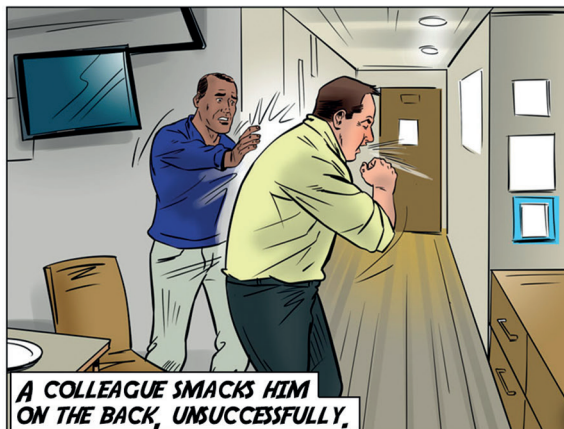
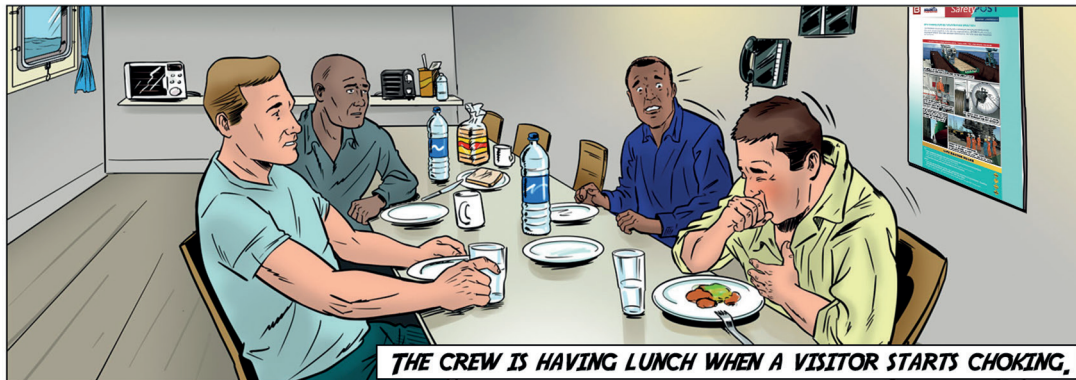


FIRST AID SAVES LIVES

Whether at work or at home, some circumstances can have severe consequences if the appropriate first aid is not promptly applied. The event below describes a real case which occurred onboard a BOURBON vessel. While eating on board, a visitor began choking and collapsed unconscious. Thanks to the prompt and appropriate reaction of the vessel's crew, the victim recovered consciousness and sustained no injury. This type of event can occur to any of us, anywhere, at any time and can be fatal. Being surrounded by others who are aware of the correct responses remains our best protection.

THE SAFETY POST IS BASED ON REAL EVENTS - PLEASE PRINT, POST AND DISCUSS THIS ISSUE!



LIFE SAVING RULES

DO:

- React swiftly when you witness one of your colleagues in apparent need of assistance.
- Perform regular first aid techniques drills.

DON'T:

- Ignore someone who is showing any sign of discomfort or distress.
- Hesitate to intervene should you see that something is wrong.

TIPS:

- You can perform the Heimlich maneuver to yourself, using for example the edge of a table.
- The same technique should be applied for children. Do not shake your child, as this could cause further complications.

