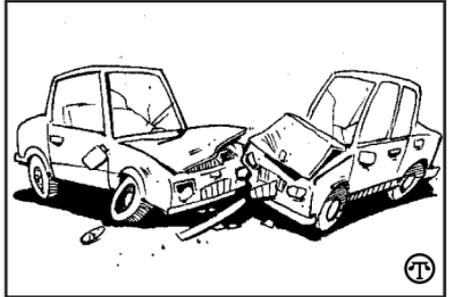


HIGHWAY SAFETY

In A Crash, Simple Actions Can Save Lives

(NAPSA)—Knowing what to do in case you encounter a car crash can go a long way toward driving down the risk of injury and even death. Here, from the United States Department of Transportation (DOT), are five steps even untrained bystanders may be able to take:



On-the-scene emergency care, even by untrained bystanders, greatly improves injured crash victims' chances of survival.

1. **Stop to help.** Park a safe distance from the crash site, and turn on your hazard lights and raise your hood to attract attention. Watch for other vehicles and approach the crash site if it is safe to do so.

2. **Call 9-1-1 for help.** If you don't have quick access to a phone, send someone else to call for help while you attend to the victim. If you are alone, be sure the victim is breathing and stop the bleeding before you leave to call for help.

3. **Assess the victim.** Wear protective gloves if you can. Ask the victim not to move and whether he or she is hurting. Listen to the response to see if the victim can answer or seems confused. If there's no response, make sure the person is breathing.

4. **Start the breathing.** If the victim isn't breathing, gently tilt his or her head to its normal, eyes-front position. If possible, cover the person's mouth with a protective shield. Pinch the person's nose and cover their open mouth with yours. Blow one full breath of air into the person's mouth. If the chest doesn't rise, gently tilt the person's head back a little more. Remove any objects from the mouth that may be blocking the airway. Begin rescue breathing again until the victim can breathe without your help.

5. **Stop the bleeding.** Once the victim is breathing, check for bleeding. Put on protective gloves, if available. To stop the bleeding, place a bandage or cloth on the wound and apply direct pressure to the wound. If the victim is able, instruct him or her to continue to apply pressure to the wound. You may be able to tape or tie the bandage in place.

When medical service personnel arrive, let them know the care you've provided.

For many people, the hard part is overcoming fears of "not doing it right" and of "not wanting to get involved." Fortunately, most states have "Good Samaritan" laws that protect individuals acting in good faith to help crash victims.

So more people can understand their role as the important first link in the chain of emergency care, the *First There, First Care Awareness Kit* was developed by the DOT. For a free kit or more information, fax a written request to (202) 366-7721 or see <http://www.nhtsa.dot.gov/people/injury/ems/frstcare/factsheet.html>.