

## IMPROVEMENT OF HEALTH SAFETY IN THE LOSICKI DISTRICT AND IN THE CITY OF IVANO-FRANKIVSK” AS PART OF THE INTERREG NEXT POLAND - UKRAINE 2021-2027 PROGRAMME

### Project Leader:

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### Project Partner:

Municipal non-commercial enterprise „Central Municipal Clinical Hospital of the Ivano-Frankivsk City Council”

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### Purpose of the project:

Improvement of access to medical transport and diagnostics in the Losicki district and in the city of Ivano-Frankivsk.

The Independent Public Healthcare Center in Losice, as part of the project, will modernize the hospital building in terms of the ambulance driveway and the adjacent surgical clinic, and will purchase a transport ambulance, three video colonoscopes, three video gastroscopes, and a video track.

As part of the project, the municipal non-commercial enterprise Central City Clinical Hospital of the Ivano-Frankivsk City Council will purchase two ambulances, one of which will be equipped with a mobile X-ray machine.

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# HOW TO CALL AN AMBULANCE?

IN A LIFE OR HEALTH  
THREATENING SITUATION,  
CALL IMMEDIATELY:



999

directly to the emergency  
medical service



A lot of new vehicles are provided with an SOS button – if you press it you will automatically be put through you to the emergency number

**Remember** that even from a blocked phone – including the injured person's one – you can call the emergency number

## STEP BY STEP

What to say to the operator?

### 1 WHERE ARE YOU?

Provide the exact address: city, street, house/apartment number, floor, staircase, intercom code.  
In an open area: describe the place as precisely as possible, e.g. „on the red trail, about 2 km from the parking lot next to Lake X”.  
If you are calling from a mobile phone, the location may be sent automatically (AML).

2

### WHAT HAS HAPPENED?

Why are you calling for help? Briefly describe the situation, e.g., “A man is unconscious,” “Car accident,” “Baby choking.”

3

### NUMBER OF INJURED

How many people are injured? Tell us if it is one person or a larger group that needs help.

4

### CONDITION OF THE INJURED PERSON

Tell us what is wrong with the injured person  
Is the person conscious?  
Is he/she breathing?  
Is he/she bleeding, injured, burned?  
Is he/she having convulsions, chest pain, shortness of breath?  
Is there a threat? Mention hazards such as fire, gas, electricity, aggressive person, etc.

## WHILE TALKING:

Speak calmly and clearly.  
Do not hang up until the operator has finished talking.  
If you accidentally hang up, call back as soon as possible.



Provide first aid:  
The operator can instruct you over the phone. Don't be afraid to act - every second counts.

Additional instructions:  
Save the ICE ("In Case of Emergency") number in your phone.  
Learn the basics of first aid - CPR, choking, wound care.

- Jokes, silent calls or false reports are unacceptable, reprehensible and condemnable - they may delay help for those who really need it and are punishable by law.

# CPR CHEST COMPRESSIONS AND BREATHS

## COMPRESSIONS



Place your hands in the middle of the chest (on the sternum).

Press hard and fast - about 5-6 cm deep, at a rate of 100-120/min.

Allow the chest to return to its normal position after each compression.

Cycle:  
30 compressions  
2 rescue breaths

## BREATHS

Tilt the head back, pinch the nose, perform 2 rescue breaths (1 second each).

Watch whether the chest rises.



## Keep on performing CPR until:

- Emergency services arrive,
- Return of signs of life,
- Physical exhaustion.