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Emergency first aid at home

First aid for burns at home

- Quickly run the burn under tap water or immerse the burn in water.
- In case of minor burns, first cool the burn down with clear tap water.
- Cover the burned area with a sterilized gauze.
- Do not break the blisters or remove materials attached to the burned area.
- Do not apply lotion, salve, or oil on the burn.
- Call 119 and take the person to the hospital as soon as possible.

First aid for snake bites

- Move the person beyond striking distance of the snake.
- Call 119 and Keep the person calm and at rest. Have the person lie down if the wound is below the heart.
- Rinse the wound with soap and water.
- If the person feels dizzy, have the person lie on their back. If the person vomits, have the person lie on their side.

First aid for bee stings

- Move the person beyond striking distance of bees, and call 119.
- Scrape the area with a needle or a knife, or the edge of a credit card to remove the stinger.
- Rinse the wound with soap and water for prevention against secondary infection.
- In case of severe pain, cover the wound with ice wrapped in a cloth (do not touch directly).
- Have the person lie on their back. If the person vomits, have the person lie on their side.





Cardiopulmonary Resuscitation (CPR)

CPR = chest compressions + artificial respiration

- Chest compressions: artificial respiration = 30: 2
- Repeat CPR until the person moves or II9 arrives

How to do CPR

① Confirm cardiac arrest

- Gently tap the person's shoulder and shout, "Hello, are you OK?".
- Look for the person's response, normal breathing, or abnormal breathing.

② Ask for a help and Call 119

- If there is no response, immediately call out for a help in a loud voice.
- If there is no one nearby, immediately call 119.

③ Chest compressions 30 times

- Place your other hand on top of the person's chest with your fingers interlaced.
- Keep arms straight and compress chest while keeping your shoulders directly over your hands.
- Push hard and fast when compressing chest at least 2 inches, 100-120 times per minute.

④ Do artificial respiration twice

- Tilt the person's head back by tilting the chin up to ensure an open passage of air to the lungs.
- Pinch the nostrils and blow into the person's mouth for one second until you can see the chest.
- In case of situations where it is impossible to perform artificial respiration, repeat only chest compressions.

⑤ Repeat artificial respiration and chest compression

- Repeat chest compressions 30 times and artificial respiration 2 times until a 119 rescue teams arrives.

⑥ Position during recovery

- Ensure the person is breathing when the person makes a sound or moves.
- After ensuring the person is breathing normally, roll the person onto their side so as not to block the air passage.



How to operate an Automated External Defibrillator (AED)

① Arrival of the AED

- If AED arrives while doing CPR, operate the AED immediately.

② Turn on the AED

- Place the AED in a location where it will not be in the way of the person administering CPR and press the power button.

③ Attach two pads

- Pad 1: right below the right clavicle
- Pad 2: left nipple along the ribcage

④ Analyze the heart rhythm

- When you hear voice commands "analyzing," stop doing CPR and take your hands off the person.
- If there is a need for an electric shock, clearly state "a shock is needed." The fully automated device charges itself and delivers a shock.
- In there is no need for an electric shock, the voice command "a shock is not needed" is announced. At this time, resume CPR immediately.

⑤ Start the AED

- The shock button starts to flicker only when an electric shock is needed.
At this time, press the button and start AED.

⑥ Resume CPR immediately

- Immediately after delivering the shock, resume chest compressions and artificial respiration at a rate of 30:2.

⑦ Analyze the heart rhythm and repeat operating

- Until either the person recovers or a 119 rescue team arrives, repeat analyzing the heart rhythm and delivering the shock every two minutes.



How to use a fire extinguisher

How to use a dry chemical powder extinguisher

- Place the fire extinguisher beside the fire.
- Remove the sealed ropes of the handle and pull the safety pin.
- Stand against the wind and aim the extinguisher hose at the fire.
- Squeeze the handle and discharge the agent evenly, like sweeping with a broom.
- Keep the extinguisher in an accessible place away from sunlight or moisture.

How to use a throwing-type extinguisher

- Remove the cover.
- Take out the agent.
- Throw the agent into the flames.

How to use an indoor fire hydrant

- Press the fire alarm switch, open the hydrant box and take the nozzle and hose.
- While one person unfolds the folded part of the hose, the other, if ready, turns the valve of the hydrant box.
- Hold the nozzle tightly and spread the water over the flames.





Being prepared for emergencies

Make an emergency checklist

- Pick two emergency meeting places outside your neighborhood.
- Identify emergency routes through which you can go outside of your house.
- Take great care of the elderly, the handicapped, children, and foreigners.
- Damage of household goods can be covered by home insurance if purchased in advance.
- Look for measures to prepare for emergencies in the buildings of your companies, schools of your children, and child care centers.

Prepare an emergency supply kit

- Pack an emergency supply kit containing all necessary items for all your family members.
- If possible, prepare supply kits for each member of your family.
- The supply kit should be in a light-weight and portable backpack.
- Place the supply kit in an easy-to-find location for easy access.

What you have in your emergency supply kit

- ✓ Food, water, first aid kit
- ✓ Flashlight, radio, batteries, matches, lighters.
- ✓ Whistle, extra batteries for your cell phone
- ✓ Portable radio
- ✓ Clothes, underwear, can opener, tissue, towels
- ✓ Medicine, household items, hygienic goods, disposable diapers
- ✓ Valuables (cash/insurance policy), important documents (stored in a water-proof plastic bag)
- ✓ Extra set of car keys and house keys
- ✓ Credit card, debit card, and cash
- ✓ Comfortable shoes, light raincoat, thin blanket, insulated clothes, etc.
- ✓ Disaster map or notebook containing family contacts, safety instructions, map, etc.

Make an checklist for “emergency supplies”

- You'll need at least a 3-day supply of necessary items.
- Keep the supplies in a noticeable container in an easy-to-find location or a dedicated cupboard.
- Let your family members know that these supplies are only for emergencies.

A list of “emergency supplies”

- ✓ Food (for 15-30 days)
- ✓ Proper amount of processed food (Instant noodles, canned food, etc.)
- ✓ Utensils for cooking (portable pots and pans), burners, butane gas
- ✓ Important documents (stored in a water-proof plastic bag)
- ✓ Bedding (blankets), clothes (warm clothes, raincoats)
- ✓ Water (1 gallon of water per person per day)
- ✓ First aid medical supplies, hygienic goods for each person (soap, toothpaste, toothbrush, towels, etc.)
- ✓ Radio, backpack, cell phone
- ✓ Flashlight, candles, matches (lighters)
- ✓ Soap, salt, female sanitary products, batteries
- ✓ Shoes, gloves, fire extinguishers, other items.





Evacuation to emergency shelters

Evacuation guidelines in case of emergencies

- There may be conditions under which you need to leave your home or immediate neighborhood.
- Local officials will inform you of the time of evacuation through the media or a direct warning.
- Evacuation is used as a last resort under situations when there is a grave threat to the public safety.
- Secure your home safe before leaving.
- Close the windows and the door, and unplug all electrical devices.
- Wear sturdy shoes and clothing that provides adequate protection
- Take your emergency supply kit.
- Do not use elevators unless you are explicitly directed to.
- Make sure to change evacuation routes according to the development of the situation.

Cases of emergency indoor evacuation

- Evacuate to a buildings such as your house or immediate facilities (schools, libraries, etc.).
- If possible, use a room with few doors or windows as the evacuation shelter and lock all the doors and windows.
- Use your cellphone only for emergency calls.
- Tune your radio or TV to the emergency channel and stay updated on current conditions.
- Make use of your emergency kit and emergency supplies.

Guidelines for an emergency shelter in case of emergencies

- Keep informed of the emergency shelter in your neighborhood.
- If possible, take your clothes, bedding, hygienic goods, and medicine in the event of evacuation.
- Alcohol, firearms, and illegal drugs are not allowed in the shelter.
- Pets, except for guide dogs for the blind, are not allowed.
- Take your emergency bag to the shelter.





Being prepared for weather changes

Safety tips for indoor heating equipment

- Utilize portable heaters which are permitted only for indoor use.
- There is a possibility of fire when you use the kitchen oven or gas stove to heat up your home.
- Keep anything combustible such as furniture, curtains, and laundry at least three feet away.
- Do not leave children alone with the heater on indoors.
- It is dangerous to plug too many electric devices into a multi-outlet strip.

Safety tips for severe weather

- Close all windows before a rainstorm arrives.
- Flower pots in the balcony, or garbage cans in the garden may be blown over by the wind and cause damage.
- It is recommended to shut off the gas or electricity in case of a severe rainstorm.
- In areas frequently damaged by flood, make sure that the drainage pump works well in advance.

Safety tips for thunder or lightning

- Do not touch a metal surface or electric devices, as there is a possibility of electric shock.
- Move to the inside of a building and do not get down on the ground or take shelter under trees.
- Do not go near a shorted wire.



Safety tips for flood

- Go to higher ground immediately in the event of a sudden rise of a river's water level.
- When driving, never drive through flooded roadways.
- Never attempt to cross streams when the flowing streams are close to knee-high.

Safety tips for extreme heat

- Refrain from outdoor activities or work and stay indoors during the hottest hours of the day, from 12h to 17h.
- Take a rest in a cool place and refrain from using a gas stove.
- Even if you do not feel thirsty, regularly drink mineral water or juice to keep hydrated.
- Use curtains or clothes to block the sunlight from coming into the house.
- Take a bath or shower with cool water.
- Eat easy-to-digest food such as fruits or vegetables.
- Wear loose and bright colored cotton clothes.
- Do not leave children and pets in the car with the windows closed.



Being prepared for water/electricity/ gas leakages

Safety tips for a power cut

- In the event of a power cut, immediately call the service center (123) of Korea Electric Power Corporation (KEPCO) or call 119.
- In the event of a power cut, mobile and internet phones may be out of service.
- Turn off all electric devices that will automatically turn on when power is restored.
- In preparedness for a power outage, keep a battery-operated phone at your home.
- To prevent food spoilage, do not attempt to open the door of the refrigerator.
- Do not touch wires on the ground or hanging in the air, as they are dangerous.
- Do not use coal to heat up the indoors or use cooking units for heating purposes.
- If you operate a generator indoors, the concentration of carbon monoxide may be rise.

Safety tips for gas leakage

- If you smell the very strong gas smell, leave the area immediately and call 119.
- In case of a minor leakage, close the gas valve immediately and open the door to ventilate the area.
- Keep all potential ignition sources and combustible materials away from the flame of your gas appliances.
- Plugging electric devices into power sockets or pressing the power button may cause an ignition and result in an explosion.
- Immediately call the service center in your neighborhood or the city gas provider to receive safety instructions.

Safety tips for the failure of water supply facilities

- If water is flooding the streets or there is a reason to believe a water pipe has been damaged; call 119 immediately.
- If the water is shut off in your apartment, or water pressure is very low, first notify the management office.
- The government will make a separate announcement if there is a problem with water quality.
- In case of severe droughts, there is a possibility of restricting or cutting off water supply.





Being prepared for a building collapse

Safety tips for a building collapse and explosions

- If there is a sign of a building collapse, leave the building immediately by the nearest emergency exit.
- Stay away from the areas next to windows or shelves which are easy to break as well as combustible materials.
- Protect your head with a sturdy object and calmly move to the emergency exit to prevent overcrowding.
- If the building is used by many people, the person nearest to the exit must be the first to evacuate.
- Do not take unnecessary items which can be obstructive to your evacuation.
- Go to a safe area free from danger of collateral collapse, or gas explosions.
- If you can't leave, take shelter in area surrounded by sturdy walls, such as a stairwell.

Safety tips for being trapped under debris

- Cover your nose and mouth with a dry handkerchief or clothes.
- Avoid unnecessary movement so as not to trigger dust which may be harmful to your body.
- If possible, use a flashlight to identify the configuration of your surroundings.
- Knock the pipes or the walls and blow a whistle to signal to rescuers.

Safety tips for participating in rescue work

- Wear sturdy gloves and shoes.
- Categorize debris into separate groups such as wood or electric equipment before disposal.
- Do not touch shorted wires, as they are dangerous.
- Ask for help when disposing of bulky and heavy debris.



Being prepared for fire

Safety tips for a fire

- If you detect a fire, shout "Fire!" loudly to alert other people and press the fire alarm button.
- When possible, use the stairs to exit the building. If not, escape to the rooftop.
- When you pass through the flames, cover your body and face with wet blanket or towel.
- In the event of being caught up in a large amount of smoke, stay low and go towards the nearest exit with your nose and mouth covered with a wet towel held in place by your hand.
- Before opening the door, check the air outside with the back of your hand first. If it is not hot, slowly open the door and step outside the room.
- When evacuation is impossible, block the crevice in the door with wet clothes or a blanket to prevent smoke from entering the room until a rescue team arrives.
- If your clothes catch on fire, stop moving and roll around on the floor until the flames are smothered.
- If you are living in a high-rise apartment building, it may be safer to remain in your house rather than it is to go into the hallway, if the fire did not start in or spread to your house.
- If the fire started in the house directly beneath yours close all the windows quickly.
- If you are in danger, shake your clothes or towels outside of the windows to ask for help.
- For further details, visit the website of the Seoul Metropolitan Fire and Disaster Headquarters (fire.seoul.go.kr) or call 119.





Being prepared for Carbon monoxide poisoning

Safety tips for carbon monoxide poisoning

- Carbon monoxide poisoning occurs mainly when a heater remains turned on in an enclosed space or the chimney is blocked.
- The symptoms are similar to those of a cold, includes headache and vomiting. Severe cases may lead to death.
- In case of carbon monoxide poisoning, quickly open the windows and the door as widely as possible.
- Immediately go to an area with fresh air.
- Call 119 or a gas provider.

Safety tips for prevention of carbon monoxide poisoning

- Install a carbon monoxide alarm and test it in your home regularly.
- make sure that the ventilators of indoor heaters work properly in your home.
- Do not use a kerosene stove indoors and never use ovens or gas stoves to heat your home.
- Never use coal indoors.



Being prepared for hazardous material spills

Safety tips for chemical spills

- Cover your skin with a raincoat or other clothes and your nose and mouth with towels. Stay as far away from the area as possible.
- Find higher ground, because poisonous is mostly heavier than air.
- Leave the contaminated area by moving in a direction at a right angle to the wind direction.
- If escaping to the inside of the building, close the windows and stop the ventilators.
- when passing through the area of a spill, close the windows quickly and stop the air conditioner.
- After the evacuating to a safe area, take a thorough shower with soap and change into clean clothes.
- In case of exposure to hazardous chemicals, have yourself hospitalized immediately.



Safety tips for radioactive material spills

- Time: Radioactive material becomes less toxic as time passes.
Stay indoors until safety guards announce the cancellation of the emergency warning.
- Distance: The more distance you have from radioactive material, the safer you become.
Safety guards are entitled to issue evacuation order from the area around the spill.
- Masking: Close all windows, seal all cracks around the window, and turn off all ventilators.
If passing through the contaminated area, protect your respiratory organs with a mask or a gas mask.



Being prepared for pandemics and terror attacks

Safety tips for spreading pandemics

- Cover your mouth and nose when you sneeze or cough and wear a mask.
- Avoid close contact with other people and stay home.
- Wash your hands frequently with soap or sanitizer.
- Pay attention to the announcements of health authorities through the TV or radio.

Safety tips for terror attacks

- Gather accurate information on the situations. The biggest purpose of terrorist attacks is to fuel fear.
- Be on the alert. If you detect any indications of suspicious acts or possible threats, immediately call 119.
- Be cautious not to be misled by incorrect information allegedly coming from reliable sources such as the government or the media.
- Do not open any suspicious packages or letters. If you notice any such objects, call 112 or 119.
- If you see anything suspicious, such as suspicious individuals entering a restricted area, call 112 or 119 immediately.



Being prepared for other circumstances

Safety tips for seniors

- Because our sight, hearing, and movement become slower as we get old, seniors should be cautious of their safety at home.
- Place non-slip mats in the bathroom.
- Install grab bars in the bathroom to maintain balance when getting in and out of the tub.
- The senior's room should be nearest to the bathroom and objects should be kept off the hallways.
- Install an emergency alarm in the bathroom so that seniors can notify family members of an emergency.
- Add bright lights in stairways so that seniors can clearly see the steps and the corners.
- Install a gas leakage alarm or a smoke detector so that seniors can hear alarms everywhere.
- Illuminate the areas for cooking or using knives.
- During the winter season, refrain from going outside alone and in particular watch out for ice on the road or sidewalk.

Safety tips for people with disabilities

- People with disabilities are exposed to many social risks because of their physical limitations. They are particularly vulnerable in emergencies involving fire.
- People with disabilities have the most accidents in the bathroom, as the floor is usually wet.
- The floor by the front door may be slippery and may not have enough space for them to put on or take off their shoes.
- They are easily exposed to potential risks in the kitchen and may have unexpected, serious accidents.
- Even in the bedroom and the living room, which are often assumed to be safe, unexpected accidents often happen.



Safety tips for fire on the subway

- In the event of a fire, push the emergency button next to the seats reserved for seniors and the handicapped to contact the attendants.
- If you have enough time, put out the fire with the fire extinguisher placed in every two vehicles.
- If the doors do not automatically open, open the doors manually according to the instructions.
- If the screen door does not open, push the red handle attached to the door and leave the vehicle.
- Cover your nose and mouth with handkerchief or the hem of your clothes, and immediately evacuate to the emergency exit.
- In case of a blackout, walk along the evacuation guide lights, walls, or the tactile paving for the blind.
- If escape to the ground is impossible, go to the tunnel in a direction at a right angles to the trains.

Q

Is it possible to open the doors manually?

A

- ① Open the small box under the seat next to the door or on the wall.
- ② Pull the emergency door clock or turn the red emergency handle clockwise 90 degrees. Wait for 3 to 10 seconds until the deflating sound stops.
- ③ Open the door by pushing it to the side.

Safety tips for raising pets

- Register your pets with the district office, or you will be fined a maximum of one million won.
- Be cautious not to let your pet harm other people or property. You will be liable for any damage caused by your pet.
- Because each apartment has its own regulations on pets, check the management regulations of your apartment.
- There are various types of pet insurance covering medical costs, damage, or funeral expenses available.
- When you go outside with your pets, pick up your pet's excrement. If not, you will be fined a maximum of 100,000 won.
- Vaccinations are mandatory. If your pet wanders outdoor, it may be subject to detainment or destroyed.
- If you abandon your pets, you will be fined a maximum of one million won and if you physically abuse your pets, you will be sentenced to a maximum of one year's imprisonment.





Emergency Contact Numbers for Public Institutions

Services	Phone Number	Name	Homepage
Information on disasters (fire, rescue, first aid)	119	Seoul Metropolitan Fire & Disaster Headquarters	fire.seoul.go.kr
		Seoul Emergency Operations Center	119.seoul.go.kr
Information on Seoul	120	Seoul Transport Operation & Information Service	topis.seoul.go.kr
		DASAN120 Seoul Call Center	120dasan.seoul.go.kr
To report a crime	112	Korean National Police Agency	www.police.go.kr
Weather information	131	Korea Meteorological Administration	www.kma.go.kr
Traffic information	1333	Korea Expressway Corporation	www.ex.co.kr
To report a water supply failure	121	The Office of Waterworks	arisu.seoul.go.kr
To report a electricity failure	123	Korea Electric Power Corporation	kepco.co.kr
To report a gas accident	1544-4500	Korea Gas Safety Corporation	www.kgs.or.kr