

First Aid for Electrical Shock

Due to carelessness and misuse of electricity, casualties and accidents occur. An electrical shock can result in burns or leave no visible skin marks. It can cause internal damage, cardiac arrest, or other injuries due to the passage of electrical current through the body. Understanding the causes, risks and appropriate responses to electric shock is crucial for both personal safety and providing immediate assistance to those in need. [How to prevent shock](#)

In case of electrical accidents follow these steps:

- 1) **Turn the power off:** Before attempting to help the person, make sure that the source of electricity has been turned off and the person is no longer in contact with the electrical source. Do not put yourself at risk by touching the person if the electricity is still flowing.
- 2) **Separate the victim from the source:** Use dry wood or rubber to move the source of electricity away from the victim. Make sure you don't step into the water and do not use anything that is wet or metal-based. If the victim has been hit by lightning, they are safe to touch.
- 3) **Move the Person Carefully:** Place the victim in a recovery position (lying down on the ground). This will send excess electricity to the ground. **Begin CPR** if the person shows no signs of circulation, such as breathing, coughing, or movement. [How to perform CPR](#)
- 4) **Cover any burnt areas** with a sterile gauze bandage, if available, or a clean cloth. Don't use a blanket or towel, because loose fibers can stick to the burns.

Call for help **Dial 102** for an Ambulance. Seek medical Aid immediately, if the injured person has severe burns, confusion, trouble breathing, heart rhythm difficulties, cardiac arrest, and loss of consciousness.

To know more:

- [List of emergency numbers in India](#)
- [Indian First Aid manual 2016 \(7th edition\) Authorized manual \(page 196\)](#)
- [Video - How to perform CPR](#)

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