## In case of accidents

| Keep calm! |  |
| :---: | :---: |
| 1. Report accident | Call 112 2 |
|  | WHERE did it happen? |
|  | WHAT happened? |
|  | HOW MANY injured? |
|  | WHAT injuries? |
|  | WAIT for questions. |
| 2. First aid | Secure the scene. |
|  | Care for the injured. |
|  | Follow instructions. |
|  | Instruct emergency |
| 3. Further measures | services. |

Please report every first aid case!
In the event of any injury, especially one that requires a visit to a transit doctor, the manager must file an accident report.


First aid kits are located on each floor in the printer room.


A defibrillator is located on each floor near to the elevators in core 1 (tower)

Make an emergency call on your own mobile phone or the emergency phone in the printer or first aid room and inform reception (Tel. 040 79022 2525).

## In case of fire

Keep calm!


Call 112
WHERE did it happen? WHAT happened? HOW MANY injured? WHAT injuries? WAIT for questions.
2. Get to safety


Warn endangered
persons.
Follow marked escape routes. Do not use the lift. Pay attention to instructions.

## 3. Attempt to extinguish fire $\mathbb{U}$ Use fire extinguishers



When the alarm signal sounds, please follow the signs and leave the building by the shortest route.


In case of evacuation of the building, immediately go to the assembly point (in front of the main entrance).

An evacuation chair is located on each floor near the stair cases. On floor 6 and 8 no evacuation chair is located.

Smoking is only permitted outside the building at a distance of at least 7.5 meters.

## Health \& Safety information for the Vattenfall office Elbside Hamburg



## Really SAFE <br> 5 seconds for me

A small mindfulness exercise with a big effect:

Take a deep breath
For the quick oxygen boost to the brain
Take a good look around
Nothing escapes your eyes: do you see a possible danger or something unusual?

No? Off you go then!
Whatever you're about to do, you'll be more focussed doing it now.

## Assembly point at Amerigo-Vespucci-Platz



