

## In case of accidents

Keep calm!

### 1. Report accident



Call 112  
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.

### 3. Further measures

Instruct emergency services.  
Remove bystanders.

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. Plaster dispenser can be found at the first aid kits and in the coffee bases



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



## 112

Make an emergency call on your own mobile phone or the emergency phone close to the first aid kit or in the first aid room and inform reception (Tel. 040 – 79022 2000).

## In case of fire

Keep calm!

### 1. Report fire



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



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** 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

