

HSE MANUAL

Health, Safety, and Environment (HSE)
manual for employees and partners



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STROMMEN GROUP HEALTH, SAFETY, AND ENVIRONMENT (HSE) POLICY INTRODUCTION

FOREWORD: COMPANY'S HSE COMMITMENT

At Strømmen AS, we take health, safety, and the environment (HSE) seriously. Our goal is to provide a safe and healthy workplace for all employees, partners, and customers. We comply with applicable laws and regulations and continuously work to improve our routines to reduce the risk of accidents, injuries, and environmental impacts.

Different construction sites may have their own HSE rules, and we always comply with the requirements specific to each site. Safety is a shared responsibility, and everyone—employees, management, and partners—plays a role in maintaining a safe work environment.

Good planning, awareness, and the correct use of protective equipment help prevent accidents before they occur. By working together and staying alert, we can ensure a safer and healthier workplace for everyone.

Carl Henrik Berg
CEO

HSE OBJECTIVES

Our overarching HSE goal is to ensure that all work activities are conducted in a manner that is safe, efficient, and environmentally friendly, while fostering a working environment that promotes the health and well-being of all employees.

- Zero serious incidents.
- Zero personal injuries and work-related illnesses.
- Zero incidents of bullying, harassment, discrimination, and racism.
- Zero environmental damage.
- Zero orders from authorities.

RISK ASSESSMENT

We assess risks to identify potential dangers in the workplace and take steps to reduce them. It is important that all employees participate in this process to ensure we consider all aspects of the work environment.

On construction sites, we conduct Safe Job Analysis (SJA) when necessary to evaluate specific tasks and identify risks before work begins. This helps us take the right precautions to ensure a safer workplace.

INTERNAL CONTROL SYSTEM

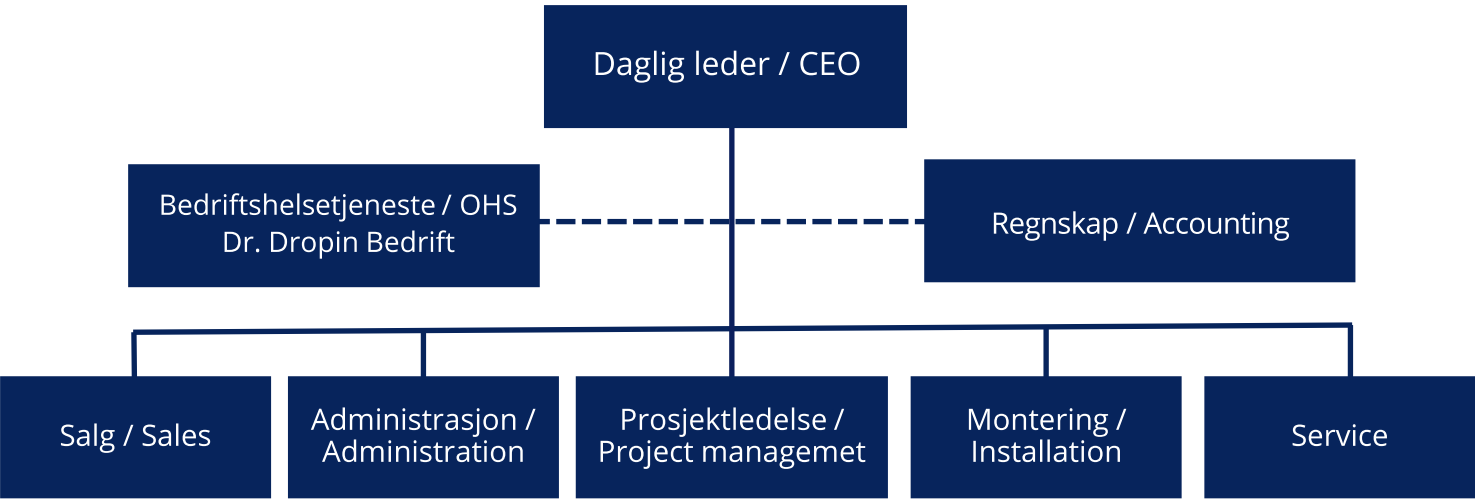
Our internal control system includes HSE routines such as risk assessments, training, handling deviations, and emergency plans. We regularly review and update it to ensure that we follow current regulations.

RESPONSIBILITIES

The general manager of Strømmen AS holds the overall responsibility for HSE initiatives within the company. At the same time, all employees must follow HSE rules and help keep the workplace safe. It is important to report any dangers or incidents so we can improve safety.

Haakon Wilhelm Berg is the Safety Representative at Strømmen AS. He can be contacted at haakon@strommengroup.com or by phone at 932 91 292.

Strømmen AS has a structured organization to ensure efficient operations and clear responsibilities.



TRAINING AND COMPETENCE

We provide HSE training to ensure all employees can perform their tasks safely and responsibly. Employees working on scaffolding, at heights, or with specialized equipment must complete the required courses. If they lack mandatory training such as fall protection, working at heights, lift operation, or slinger/signaller courses, they must inform the general manager or installation manager. Employees must also notify their supervisor if they need additional training for specific tasks or equipment. Everyone is responsible for maintaining their own competence. We promote open communication so employees feel comfortable discussing their training needs.

REPORT OF UNDESIRED INCIDENT (RUI)

In the event of an accident involving personal injury or fire, our emergency plan must be followed. For other accidents without serious injury or fire, the incident must be immediately reported to the nearest supervisor and the general manager of Strømmen AS and recorded in the Strømmen QMS (Quality Management System). All accidents, injuries, and hazardous situations must be reported immediately and then reviewed with those involved, the general manager, and/or the installation manager. This ensures learning and improves safety.

ENVIRONMENTAL COMMITMENT

Strømmen AS works to reduce our impact on the environment. This includes responsible waste management, lowering energy use (e.g., by using electric or biodiesel-powered lifts), and reducing pollution.

EVALUATION AND IMPROVEMENT

Our HSE efforts are evaluated annually, and we are always open to suggestions for improvement. The general manager will actively follow up on feedback from employees to continuously enhance our routines and achieve our HSE goals.



SAFETY

Safety Dialogue: encouraging open conversations on risk

A Safety Dialogue is a quick, informal conversation aimed at identifying potential risks and promoting awareness about safety in the workplace. These dialogues can happen anytime, anywhere, and typically last from one to five minutes. They are intended to be collaborative and respectful, providing an open space for colleagues to discuss concerns and suggest preventive actions.

In a Safety Dialogue, approach your colleague respectfully, ensuring they are open to the discussion. Ideally, these conversations involve two or three people, which helps keep the focus on specific safety concerns. During the dialogue, each person contributes insights, drawing on their unique experiences and knowledge to address risks.

A Safety Dialogue serves as a professional check-in for safety, empowering everyone to share observations and ideas for mitigating hazards. The goal is to leave the conversation with a clearer understanding of risks and a strengthened commitment to a safe, secure workplace.

Before undertaking any unusual tasks or addressing rare situations, it is essential to engage in a Safety Dialogue to ensure all risks are understood and mitigated. In such cases, a Safe Job Analysis must be conducted to evaluate potential hazards and implement preventive measures effectively.

Safe Job Analysis (SJA)

Safe Job Analysis (SJA) is a key tool for managing HSE risks. The goal is to identify and reduce risks to prevent accidents, health issues, and injuries. Through SJA, we determine the safest and most effective way to carry out a task.

Everyone involved in the task must participate in the SJA process or, at a minimum, receive a thorough briefing before starting work.

Key elements of an SJA:

- What can go wrong?
- Why can it go wrong?
- How can we prevent it from happening?
- Define responsibilities for safety measures.
- Who is responsible for implementing these measures?
- Always ensure that relevant documentation is included when conducting an SJA. This may include user manuals, previous risk assessments, drawings, procedures, etc.

If you believe an SJA should be conducted before starting a task, notify your immediate supervisor or building site administration. The template for SJA can be found on Strømmen QMS.

Personal protective equipment (PPE)

Personal protective equipment must be suited to the task to ensure maximum safety.

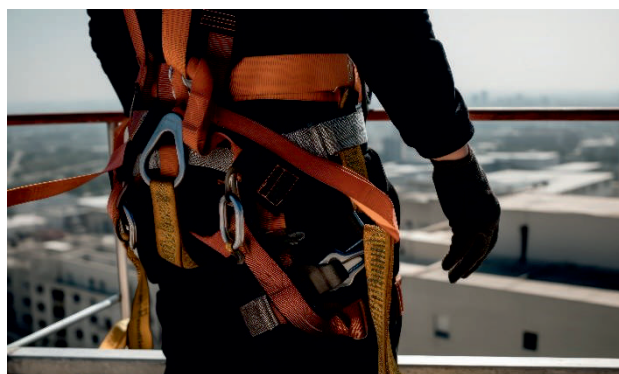
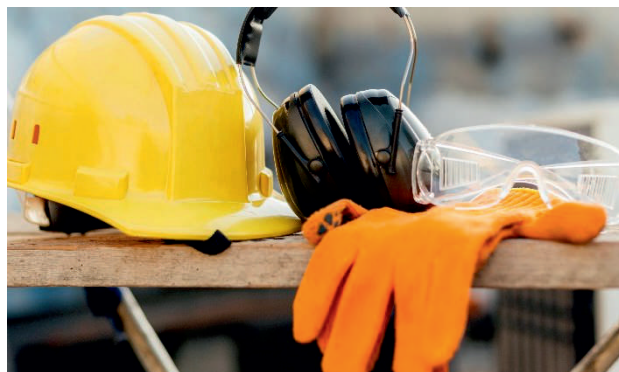
Mandatory PPE:

- **Helmet with chin strap and hearing protection:** Protects against head injuries and reduces noise exposure.
- **Safety glasses:** Shields eyes from flying debris and other hazardous materials.
- **Gloves:** Protects hands from cuts, abrasions, and other injuries.
- **Safety shoes:** Prevents foot injuries from falling objects, punctures, and slips.
- **High-visibility clothes:** Ensures the workers are easily seen, improving safety in various environments.

PPE must be regularly inspected, cleaned, and replaced as needed to remain effective.

When working at heights, fall protection equipment is required to prevent accidents and injuries. This includes harnesses, lanyards, and other restraint systems to keep workers secure.

Long pants and long-sleeved shirts, sweaters, or jackets are recommended to provide extra protection against cuts, scrapes, and exposure to hazardous materials.



Risk assessment for work at height

When planning and executing work at height, employees must evaluate the risks to ensure safety. This assessment should focus on the height of the work and the potential for falls by people or objects. It should also consider factors crucial for selecting fall protection measures, such as the nature and duration of the work, the type of supporting surface, and the risk of landslides. Additional considerations include the loads on work equipment or platforms, ergonomic conditions, access and evacuation routes, traffic, weather conditions, and other workplace hazards.

Selecting equipment for enhanced safety at height

Equipment used for work at height, including scaffolding and lifts, should be appropriate for the intended tasks and capable of handling the expected loads. In areas with unique risks, including harsh weather, traffic, and live electrical wires, specific safety protocols need to be in place before the installation and use of equipment for working at height.

Ladder safety and best practices

To ensure safe and effective use of ladders, follow these essential guidelines:

- **Stable Positioning:** Always set up your ladder so it's stable and won't move while you're on it.
- **Secure Grip and Footing:** Make sure you have a solid grip and steady footing on the ladder. If you're carrying items, keep them securely held.
- **Portable Ladders:** Place portable ladders on a firm, stable surface to keep the rungs level.
- **Suspended Ladders:** Fasten suspended ladders securely to prevent swinging or shifting.
- **Top Fastening:** Where possible, secure the ladder at the top for extra stability.
- **Leaning Ladders:** Always secure a leaning ladder before you use it.
- **Prevent Slipping:** Make sure the ladder is secured against slipping, sideways movement, or detaching from what it's leaning against.
- **Multi-Section Ladders:** If using an extension ladder or one with multiple sections, double-check that the sections are locked together and won't shift.
- **Mobile Ladders:** Lock mobile ladders in place before climbing to prevent any movement.

Safety guidelines for working on scaffolding

To ensure the safety of scaffolding operations, the following guidelines must be observed:

Certification: Scaffolding must be certified by an accredited body or have a design certification from the Labour Inspection Authority.

Employee training: All workers on scaffolds over 2 meters high must have completed a scaffold user course.

Installation: Non-standard scaffolding configurations must be installed by qualified personnel who have received specific training.

Foundation: Scaffolding must rest on a robust foundation with regularly inspected ground conditions.

Inspection: Qualified personnel must inspect scaffolding before use and regularly thereafter, especially after adverse weather or extended disuse. Inspections must be documented.

Access: Safe access points are mandatory for all scaffolding.

Markings: Scaffolding must display signs indicating its safety status.

Anchoring: Non-free-standing or suspended scaffolding needs proper anchoring, tested at 20% above the expected load.

Scaffolding floor: Floors must be secured against displacement and closed to prevent falling objects. Avoid wooden crossbars due to breakage risks.

Railings: Equip scaffolding with hand, knee, and foot rails. Use nets or screens if foot rails aren't enough to catch falling objects. Maintain a maximum distance of 0.30 m from the wall.

Dismantling: Scaffolding should not be disassembled until everyone protected by the protective measure has completed their activities in the work area.

Safety guidelines for lifting operations

Ensure all lifting activities, from manual handling to powered equipment, adhere to established safety guidelines.

Manual Handling: Assess any manual load before lifting. Use mechanical aids to minimize risk. When team lifting, ensure clear communication between workers.

Lift Operations: Conduct equipment-specific training as needed. Perform risk assessments for each lift, and verify the load against the equipment's capacity. Ensure the glass pane is clean and dry before attaching any vacuum lifter!

Crane Operations:

- Ensure crane operator has the necessary competence to perform the work and lift safely.
- Use only approved lifting equipment, such as vacuum lifters attached to the crane.
- Conduct Safe Job Analysis (SJA) for uncertain lifting operations.
- Maintain clear communication between crane operator and ground crew.

Special Considerations for Cranes as Anchors:

- Verify crane suitability for anchoring in "FPM Mode" (Fall Protection Mode).
- Prohibit the use of cranes as anchors outside of FPM Mode.

Handling Heavy Materials:

- Mark all loads over 1000 kg clearly.
- Plan lifting operations carefully, conduct SJA with all parties involved if needed.
- Use specialized equipment for heavy facade elements and windows.
- Secure the work area below heavy loads.

Preventing Falling Objects:

- Secure tools and materials.
- Install toe boards and debris nets.
- Establish exclusion zones below lifting areas.
- Ensure proper packaging and securing of lifted materials.
- Conduct regular checks of lifting accessories.

Wind Conditions:

- Continuously monitor wind speeds, adhering to maximum limits specified in the lift plan.
- Assess wind effects on large surface area loads like facade elements or windows.
- Use tag lines to control load swing, keeping personnel outside the fall zone.

Incident Management:

- Report and investigate all incidents involving dropped objects.



Safe operation of work equipment

It is essential that all personnel receive training specific to each type of work equipment they will use, from electrical tools to lifting aids. This training ensures that employees are equipped with the necessary knowledge to operate the equipment safely and effectively. Under no circumstances should any equipment be used by someone who has not the correct competence and experience. This standard is crucial for maintaining workplace safety and efficiency.

ENVIRONMENT

Waste Management & Sustainability

Glass Waste Management

- **Sorting:** Use separate racks for different types of glass.
- **Storage:** Keep glass in safe areas to prevent breakage.
- **Collection:** Glass racks should be picked up by a crane truck or packed safely on a trailer.

Recycling Glass

- Work with local recycling facilities.
- Train staff on proper glass handling and sorting.
- Be careful during removal to minimize breakage.

Handling Old Glass (Before 1975)

Glass from before 1975 may contain hazardous materials like PCBs (in sealants) and asbestos (in putty).

Before Removal

- Check the manufacturing date if possible.
- Look for PCBs in sealants (common from 1965-1975).
- Check for asbestos in window putty.

Safety Precautions

- Only trained personnel should handle hazardous materials.
- Wear proper safety gear when handling.

Waste Handling

- Deliver to approved recycling facilities.
- Follow Norwegian regulations for hazardous waste.

Managing Frames and Doors

Metal Frames

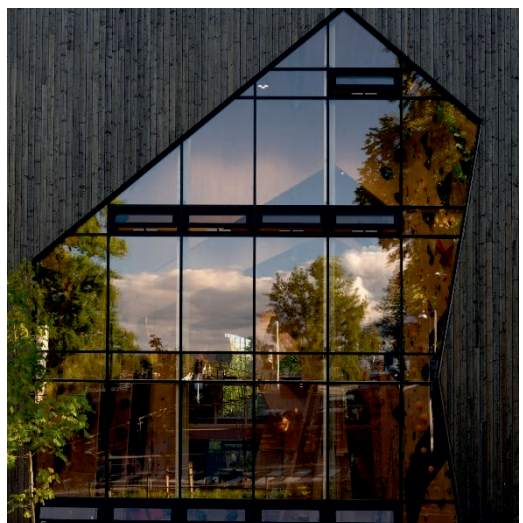
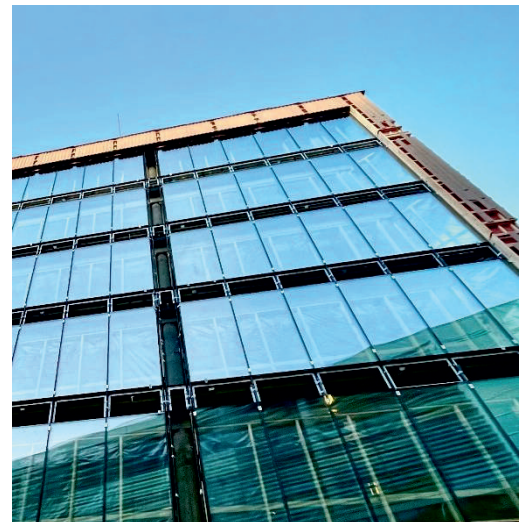
- Separate aluminum and steel.
- Send materials to metal recycling facilities.
- Sort metals properly.

Wooden Materials

- Separate treated and untreated wood.
- Dispose of treated wood correctly.
- Reuse materials when possible.

Packaging Waste

- Reduce waste by compacting cardboard and plastic.
- Sort packaging materials separately.
- Remove waste regularly to keep the site clear.



Environmental Protection Measures

Equipment and vehicle management:

- Turn off equipment when not in use
- Regular maintenance of vehicles and machinery
- Route planning to minimize transport distances
- Use of energy-efficient tools where available

We strive to reduce our environmental impact both on construction sites and in the office. Our goal is to work sustainably by making smart choices in daily operations.

In the office, we encourage employees to reduce printing, use digital documentation whenever possible, and sort waste properly. We also promote responsible paper use and energy-saving habits to minimize unnecessary consumption.

Workplace Cleanliness and Order

- Keep work areas free from glass debris, packaging materials, and installation waste throughout the workday to prevent slips, trips, and cuts. All waste should be regularly collected in designated containers.
- Organize tools and equipment in designated areas when not in use. Installation materials should be stored safely and methodically to maintain clear walkways and workspaces.
- Clean the site thoroughly after each installation, paying special attention to removing small metal shavings, plastic shims, plastic, left over gaskets and sealant residues.
- Protect customer property by using floor coverings, dust barriers, and catching nets for debris when working both inside and outside. Remove all protective materials after work completion.
- Maintain clean and organized material storage areas on site. Keep different types of materials (glass, frames, hardware) separated and clearly arranged to prevent damage and improve work efficiency.
- Return the worksite to a clean condition at the end of each day, ensuring both safety and professional appearance, as we represent our company through the condition of our work areas.

Company cars

Company vehicles are valuable assets that require proper care and adherence to specific guidelines to maintain their condition and appropriate usage.

- The car user is responsible for keeping the vehicle clean and tidy.
- Inform the general manager when the vehicle needs servicing or if any issues arise that require maintenance.
- Our vehicles represent the company, and it is important to keep them in good condition. A well-maintained vehicle reflects professionalism.
- Installer vehicles are for work purposes only. They must not be used for private purposes outside working hours.
- The driver is responsible for parking safely and following parking regulations. Vehicles parked at a private address outside working hours must not be used. The driver is responsible for parking correctly.
- The main user of the car is responsible for washing the vehicle when needed to keep it in good and presentable condition.
- Time spent on manual washing and maintenance can be registered as working time, but only by agreement with the immediate manager.
- A company card should be assigned to each vehicle that can be used for fuel, car wash, washer fluid, oil, parking and other necessary expenses for daily operation of the car. It must not be used for other purchases.

Work site lighting requirements

- Work should not be carried out in areas where lighting is insufficient for safe and efficient installation. If lighting conditions are inadequate, work must be stopped, and the situation should be assessed before proceeding.

Environmental reporting and concerns

Everyone has the right and duty to report if something in our work could harm the environment. This includes improper waste handling or unsafe disposal of materials. Reports should be made to management.

All reports will be taken seriously, and those who report will not face any negative consequences. We will investigate and address all concerns as soon as possible



PREPARATION AND INSTALLATION REMINDERS

Before going to the construction site:

- Have we packed all necessary tools and equipment for today's tasks?
- Do we have the required materials, such as screws and fasteners?
- Have we packed approved personal protective equipment (PPE)?
- Have we received all necessary information from the project manager about the installation, site contact person, specific safety rules, and required courses?
- Is there anything else we should remember before departure?

Upon arrival at the construction site:

- Have we completed site registration?
- Have we familiarized ourselves with the site and our local contact persons?
- Have we parked correctly?
- Are we wearing the required personal protective equipment (PPE)?
- Do we have any questions for the site management before starting?
- Is anything unclear or uncertain before beginning our work?
- Do we have a safe place to store our tools and equipment?

Before starting installation:

- Have we received the correct materials?
- Have all products been inspected for damages or other issues?
- Have we gathered all necessary tools and equipment?
- Have we reviewed the installation site together to ensure it is safe to start? Should we perform an SJA (Safe Job Analysis)? What about a Safety Dialogue?
- Is the work area clean and prepared for us?
- Have we planned the installation process and set daily goals?
- Have we checked the drawings and details to ensure correct installation?
- Is the working surface in the right condition?
- Do we fully understand the installation process?
- Do we have a designated storage space for small but important items like seals, screws, and cover caps to prevent loss?

After installation:

- Are we completely finished, or is anything still pending?
- Have we cleaned up and removed all waste from the installation area?
- Does everything function properly? Are there any deviations or issues we need to report?
- Have we filled out the installation checklist?
- Have we taken photos of the installed product?

Before leaving the construction site:

- Have we cleaned up after ourselves?
- Have we submitted the daily report in QMS?
- Is there anything we need to remember for tomorrow? Anything we should do differently?
- Did the day go smoothly? Is anything unclear?
- Do we need to inform the project manager about anything important?
- Are we on schedule, and did we complete what we planned for today?

HEALTH

PHYSICAL WORK ENVIRONMENT

Employee health and well-being is our top priority. We are committed to providing a safe and supportive work environment that promotes both physical and mental health of all employees.

Ergonomic considerations

Ergonomic considerations are essential for preventing work-related injuries and ensuring the long-term health of our employees. Proper techniques and equipment must be used for all physical tasks, while maintaining correct postures and taking adequate breaks. The following key points must be followed during installation work:

- Proper lifting techniques for handling windows and doors.
- Use of lifting aids and equipment when handling heavy materials.
- Ergonomic tools and equipment for installation work.
- Correct working positions for different installation tasks.
- Regular breaks for physically demanding work.

For office operations, ensure proper workstation setup and equipment, maintain good posture while working, and take regular breaks from prolonged sitting.

PSYCHOSOCIAL WORK ENVIRONMENT

Mental health and well-being at work are equally important as physical health. Our company recognizes that a positive work environment, good communication, and proper support systems are fundamental for employee satisfaction and productivity. We are committed to creating and maintaining a workplace where all employees feel valued, respected, and supported.

Work Organization

- Clear roles and responsibilities.
- Manageable workload and realistic deadlines.
- Regular team meetings and open communication.
- Support for handling difficult situations.
- Consideration for work-life balance.

Workplace Culture

- Zero tolerance for harassment and discrimination.
- Open-door policy for addressing concerns.
- Regular feedback and dialogue with employees.
- Working towards the same goal as a team, where everyone is important.
- Supportive and solution-oriented mindset – we help each other, stay open-minded, and ensure everyone is heard.
- Opportunities for professional growth and development.

Dealing with Threatening Behavior

In rare cases, we may encounter individuals who act aggressively or threateningly. Having a clear plan for handling such situations helps ensure safety for everyone involved. Staying calm, communicating clearly, and knowing when to step away can prevent escalation and reduce risk.

If you experience a threatening situation, follow these steps:

1. **Stay calm** and maintain a safe distance.
2. **Step away if possible** to avoid direct confrontation.
3. **Listen carefully** and stay observant.
4. **Be proactive** – take the initiative to de-escalate the situation.
5. **Clearly explain** what is possible and what is not.
6. **Use simple language** and be specific.
7. **Be helpful** and show understanding.
8. **Stay neutral** – avoid being too dominant or too submissive.
9. **Consider the person's self-image** and their need to feel in control.
10. **Take your time** and notify a manager or colleagues if possible.

Safety first – if the situation feels dangerous, remove yourself and seek help immediately.

If you experience a threatening or uncomfortable situation, report it to your immediate supervisor as soon as possible.

EMERGENCY PLAN

Emergency response for personal injury accidents

In case of an accident involving personal injury:

- Protect the injured person and minimize consequences.
- Ensure your personal safety first.
- Request assistance from nearby colleagues.
- Dial **1-1-3** to call an ambulance.
- Begin first aid.
- Inform management about the incident.
- Secure and isolate the accident location, preventing access.
- Guide uninvolved personnel to the designated assembly area.

Emergency response for fire or explosion

In case of fire or explosion:

- Request assistance from nearby colleagues.
- Dial **1-1-0** to contact the fire department.
- Attempt firefighting if safely possible:
 - !! For electrical fires, DO NOT use water or powder extinguishers until power is disconnected.
 - !! If explosion risk exists: Leave the area immediately.
- Evaluate fire spread potential and contain if possible.
- Evacuate the area when necessary.
- Alert management about the situation.

FIRST AID

Think ABC when providing first aid:

A Airways

B Breathing

C Circulation

Use this rule when you have one or more injured parties. First you must secure everyone's airway (A), then you must ensure that everyone is breathing (B), before taking any measures regarding circulatory failure (C).

Examine the injured person

- Talk to them
- Look at them
- touch them



A Airways: is the person's airway open and clear?

If the head and chin is positioned down towards the chest, the weight can obstruct the airway and the person may suffocate.

The chin must be up and the head must be tilted backwards!

– In cases of suspected neck injuries carefully tilt the head backwards.



B Breathing: Is the person breathing?

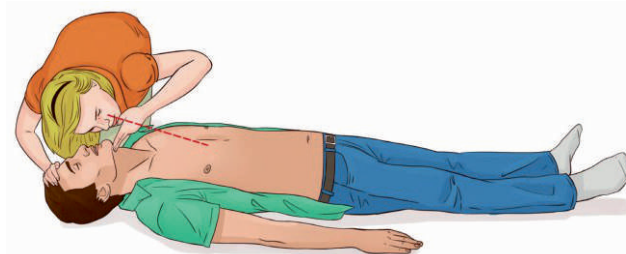
Listen, feel and look for breathing for 10 seconds

People who are not breathing:

Start cardiopulmonary resuscitation (CPR)

People who are breathing:

Look for signs of circulatory failure



C Circulation: Does the person have symptoms of circulatory failure?

- Pale, cold and clammy skin
- Freezing/trembling
- Behaving strangely ("out of it")
- Can you see blood or signs of internal bleeding?
- Is the person complaining of any pain?
- Is the person asking for something to drink?

Measures against circulatory failure

- Keep the person warm
- Lay a conscious person flat with legs raised

A conscious person with chest injuries and breathing difficulties should sit half upright in order to make it easier to breathe

- Stop any bleeding
- Do not give them anything to drink
- Provide psychological support

CARDIOPULMONARY RESUSCITATION (CPR)

- Before you start CPR
- Call **1-1-3** for immediate assistance.
- Always consider your own safety.
Secure the scene of the accident if your own safety is threatened.

Assess consciousness and breathing

First check if the person is awake and breathing. If the person does not respond to calls, touch or pain stimuli, call for help to alert others and to get support in the situation.

Open airway

Tilt head backwards and lift chin forward to clear the airway passage.

Check Breathing

Check for normal breathing for up to 10 seconds. Listen near the mouth.

If breathing is not normal, suspect cardiac arrest. Call 113 immediately and start CPR. Put phone on speaker to receive guidance while performing CPR.

Start CPR

Begin with 30 chest compressions:

- Compress center of chest.
- Depth: 5-6 cm.
- Rate: 100-120 compressions per minute.

Give 2 rescue breaths:

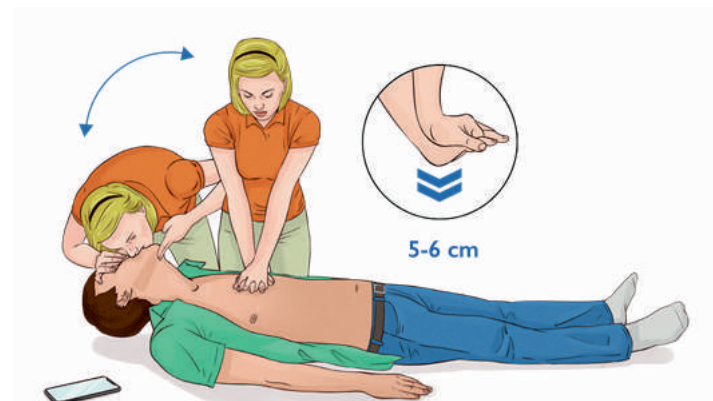
- Ensure open airway by tilting head back and lifting chin
- If unable to give breaths, continue uninterrupted compressions
- Adequate breath given when chest visibly rises

Continue 30:2 ratio until:

- Emergency personnel take over
- Clear signs of life appear
- Use defibrillator if available

If normal breathing resumes:

- Maintain open airway and monitor breathing for up to 10 seconds
- Place person in recovery position
- Keep monitoring breathing and maintain body warmth
- Stay with the person - trauma can be distressing
- If breathing stops again, resume CPR immediately



AIRWAY OBSTRUCTION EMERGENCY GUIDE

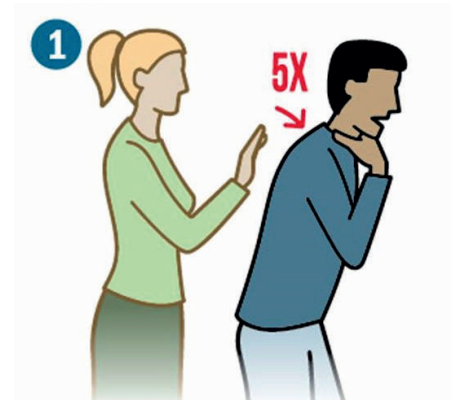
CONSCIOUS PERSON WHO CAN COUGH

- Let them continue coughing
- Stay with them and monitor their condition
- Do not interfere with their natural coughing mechanism

CONSCIOUS PERSON WHO CANNOT COUGH OR BREATHE

Step 1: Back Blows

- Deliver 5 sharp blows between the shoulder blades
- Use the heel of your hand
- Each blow should be separate and forceful



Step 2: Abdominal Thrusts (Heimlich Maneuver)

- Position yourself behind the person
- Place your fist just above their navel
- Grasp your fist with your other hand
- Give 5 quick, upward and inward thrusts
- Each thrust should be separate and forceful



UNCONSCIOUS PERSON

Step 1: Begin CPR (Cardiopulmonary resuscitation) immediately

- Do not waste time trying to remove object first
- Place person on their back on firm surface

Step 2: Chest Compressions

- Perform 30 chest compressions
- Press hard and fast in center of chest
- Allow complete chest recoil between compressions

Step 3: Rescue Breaths

- Open airway (head tilt, chin lift)
- Give 2 breaths (1 second each)
- Check mouth for visible object before breaths
- Remove object only if clearly visible

Step 4: Continue CPR

- Maintain 30:2 ratio (compressions: breaths)
- Continue until:

Emergency services arrive

Person shows signs of life

You become too exhausted to continue

Managing external bleeding injuries

MINOR BLEEDING

Initial Steps

- Clean dirty wounds with water
- Gently pat dry
- Assess wound size and depth

Treatment

- Apply gentle pressure with bandage or compress
- Elevate injured area above heart level
- Keep person in comfortable sitting position
- Monitor their condition



SEVERE BLEEDING

Immediate Action

- Apply direct pressure to wound
- Place clean compress between wound and pressure point
- Elevate injured area if possible

Bandaging

- Apply pressure bandage
- If no bandage available, use clean cloth or scarf
- Ensure firm compression on wound
- For deep cuts, pack with sterile compresses first



EMERGENCY NUMBERS



113 Ambulanse



110 Brann



110 Politi

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