

Lifesaving Measures

Changes to the edition following the Nederlandse Richtlijnen Eerste Hulp 2021

Page 18: Preferably use nitrile gloves. The gloves shown are vinyl. These kind of gloves do not provide protection against micro-organisms.

Page 20: See separate document for application of tourniquet or haemostatic gauze.

Page 27: In children, only at least one third of the depth of the chest is used as criterion and no longer the number of centimetres.

Page 45: If you are alone, call 112 after the first 5 abdominal thrusts.

Page 48: In case of abdominal thrusts, 112 must always be called; contacting the GP in case of complaints is therefore no longer applicable.

Page 51: Only objects that are in the front of the mouth are to be removed. Step 4 is therefore no longer applicable.

Page 58: In anaphylactic shock, you may assist with administering the victim's epinephrine auto-injector if you are trained to do so.

Page 69: In heat stroke, the preferred treatment is to cool the victim with towels or cloths soaked in ice water.

Page 71: If a button cell battery is swallowed, 112 should be called also.

Page 76: No more honey or syrup is smeared in the cheek pouch. Follow-up research shows that it is unclear whether this works.

Page 81: A wet washcloth does not have to be placed on the forehead, because its added value has not (yet) been demonstrated.

