

INSTRUCTIONS FOR PARK VISITORS

Bring along adequate provisions for your hike, a first aid kit and your own firewood in case the lean-to has no firewood supply service in place. Please do not harm the forest. Hiking **AT YOUR OWN RISK!** So, please exercise proper caution!



SUSTAINABLE DEVELOPMENT

- In the nature, at lean-tos and on observation towers, etc. you always go at your own risk!
- Follow the principles of litter-free hiking and Everyman's rights.
- Carry out everything you have carried in.
- Clean the place after your visit and take care of the common tidiness.
- Burn only combustible waste, clean paper and board.
- Setting up a fire anywhere is strictly forbidden under the forest fire warning.
- Do not cut off trees or harm the forest in any other way.
- A considerate smoker does not leave cigarette butts on the ground.
- A tidy and well cared for environment brings good spirit for everybody!



FIRST AID BLEEDING & CPR

- To stop a bleeding**
- Stop the bleeding by pressing your finger or palm direct to the wound
 - Apply a pressure bandage over the wound using bandages or other means available such as a scarf.
 - Help the injured to sit or lay down.
- Resuscitation (CPR)**
- Call for help.
 - Clear the airways of the injured person by lifting the chin up. Feel the breathing. If the person does not breath normally, start the resuscitation with compressions.
 - Press the injured person's brestbone 30 times at a brisk pace. Mouth-to-mouth ventilation is not obligatory.
 - Continue the compressions until help arrives.



FIRST-AID EXTINGUISHING

- If a portable fire extinguisher is available detach the safety pin.
- Take a firm grip of the fire extinguisher's hose.
- Approach the fire from the windward side.
- Start extinguishing at an adequate clearance by aiming the jet to the foot of the flames.

IN CASE OF EMERGENCY

**CALL
112**

Do not close the telephone – wait for the instructions!

Download the 112 mobile application into your telephone!