



PORT OF HAMINAKOTKA LTD

First aid instructions and guidelines for emergencies

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In an emergency, call 112

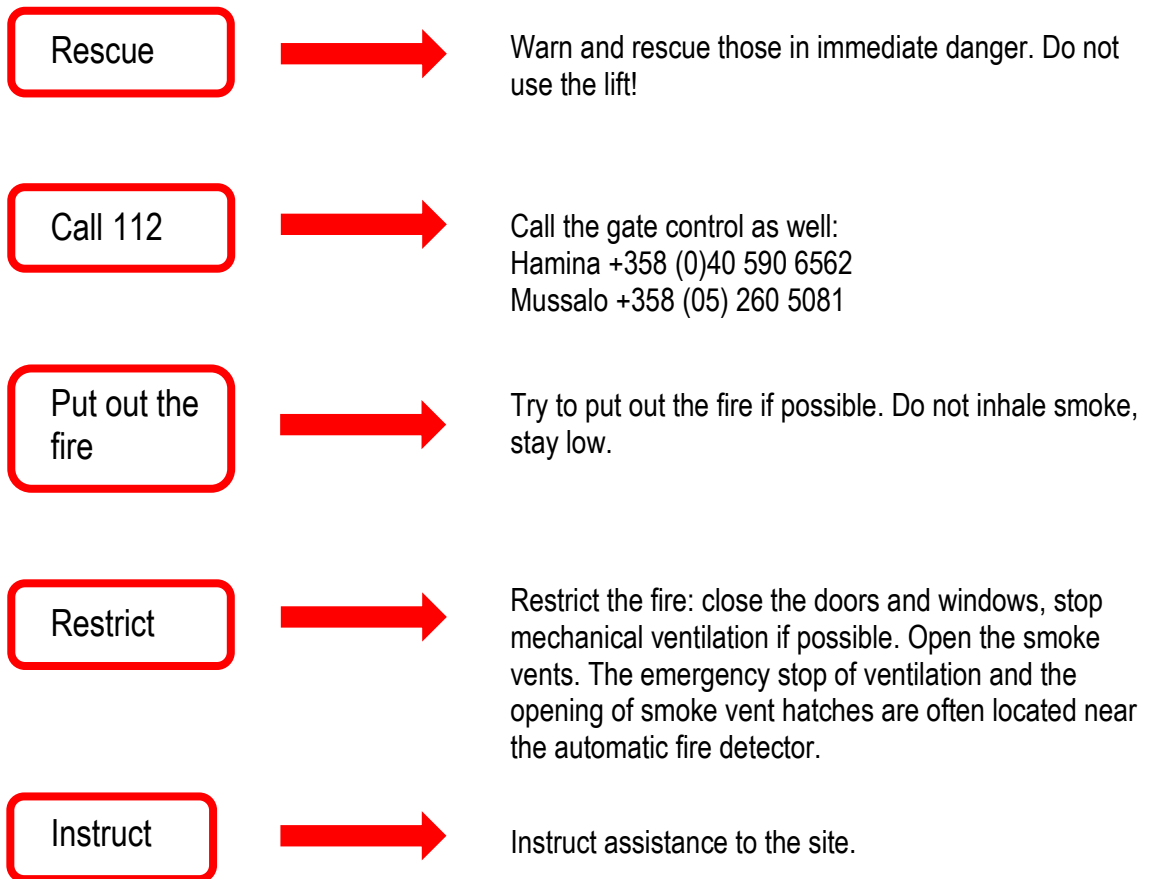
The emergency number 112 should always be called in urgent, real emergency situations when life, health, property or the environment are threatened or in danger, or if there is reason to suspect that this is the case.

- Make the telephone call yourself
- State what has happened
- Give the exact address and municipality
- Answer any questions presented
- Do what you are instructed to do
- Do not hang up before you are given permission to do so

Port of HaminaKotka Ltd recommends downloading the 112-Suomi application to your phone. When you call the emergency number via the 112- Suomi application, your location information is transmitted to the emergency center operator.

More information: <https://112.fi/en/112-suomi-application>

Fire



(The Finnish National Rescue Association)

Use of extinguisher



Remove the cotter pin in accordance with the instructions of the extinguisher.



When outdoors, extinguish the fire from the side of the upwind.



Direct the powder jet to the root of the fire to the burning material. Extinguish with short sprays.



Start from the right distance. Extinguishing distances:

- powder extinguisher, approx. 3 m
- liquid fire extinguisher, approx. 2 m
- carbon dioxide extinguisher, approx. 1 m



Extinguish a liquid fire using a shower directed parallel to the surface.








In a larger fire, several extinguishers should be used at the same time.



A fire extinguisher that has been used just a little must be taken to service immediately.

Traffic accident

Rescue		Rescue those in immediate danger, avoid the unnecessary moving of those injured -> if it is safe, the injured should be kept in place in the vehicle!
Call 112		Call the gate control as well: Hamina +358 (0)40 590 6562 Mussalo +358 (05) 260 5081
Prevent further accidents		Warn other traffic, stop the engines of the vehicles involved in the accident, beware of non-activated safety equipment, bring the fire extinguisher to the vicinity of the car if an extinguisher is available. Stop other vehicles if you need more help at the site!
Give first aid		Open the airways, stop major bleeding, if possible, do not move the patients unless necessary!
Instruct		Instruct assistance to the site.

If the accident involves dangerous substances, see also page 7, item "Accidents involving dangerous substances".

Accidents involving dangerous substances

Rescue



Rescue those in danger. Avoid exposure to the substance.

Call 112



Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

Prevent further accidents



If the substance is flammable or explosive, try to prevent its ignition or explosion.

Restrict



If you can, stop the leak.
NOTE! Make sure to use appropriate personal protective equipment.

Instruct



Instruct assistance to the site.

Gas hazard

Call 112



If you notice a gas leak, call the emergency response centre.

Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

If the gas originates from elsewhere, you will hear the general alarm signal -> take protection according to instructions.

Restrict



If possible, start control measures.

NOTE! Make sure to use appropriate personal protective equipment.
Do not become exposed to the gas.

Follow the instructions



Follow the instructions of the rescue authority concerning protection and other measures.
Exit upwind.

Instruct



Instruct assistance to the site.

Oil spill

Call 112



When you notice an accident, call the emergency response centre.

Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

Stop the leak



If oil is still leaking, try to stop the leak or bring it under control. Try to prevent the flow of oil into rainwater outlets.

Start prevention measures



Start prevention measures using the existing resources. Impregnation peat and oil containment booms, among others, are available at the port. The companies at the port also have their own equipment.

Try to prevent the oil from catching fire.

Instruct









Instruct assistance to the site.

The rescue authority is responsible for the prevention measures in the event of an oil spill, and the Finnish Environment Institute is responsible for the prevention measures in the event of a chemical accident on a vessel.

What to do when you hear the general alarm signal

A general alarm signal is a one-minute long rising tone (length 7 seconds) and a descending tone (length 7 seconds).

The "Danger over" sign announced by the authority is a one-minute steady sound signal and it is to announce that the threat or danger is over. The trial signal is a 7-second-long steady sound.

-  Go indoors and stay indoors
-  Close doors, windows, vents and ventilation
-  Turn on the radio, wait for instructions
-  In addition to listening to the radio, follow emergency messages and instructions at teletext page 112
-  Avoid the use of telephone to prevent the lines from jamming
-  Do not leave the area unless authorities advise so

Examples of situations where the alarm signal is given:

- a major fire which creates much toxic smoke
- gas risk, for example when there has been a road accident involving dangerous substances
- radiation hazard, for example an accident at a nuclear power plant
- other situations where the population is subject to an imminent threat

Seeking protection in a shelter

How to prepare a shelter:

- Civil defence shelter is intended to protect the population during a military attack.
- When the situation requires putting the civil defence shelters in working order, there will be an official order on the matter.
- The shelters must be put in working and protective condition no later than 72 hours after the order, after which people can move into them.

(spek.fi)

When taking protection:

- Take with you any necessary pharmaceuticals and special food you need.
- Take your personal hygiene supplies with you.
- Follow the instructions given.
- A day program should be drawn up for the shelter.

Radiation accident

- Radioactive fallout can occur as a result of issues such as a nuclear power plant accident, nuclear weapons accident or nuclear explosion. The Finnish Radiation and Nuclear Safety Authority monitors radioactive radiation on a continuous basis.
- Radioactive fallout is communicated by means of the general alarm signal. The rescue authority provides additional information -> listen to the radio.
- Seek protection in a shelter! (See page 11, item "Seeking protection in a shelter".)
- Iodine tablets may only be taken on the authority's order.
- The rescue authority provides information when it is safe to finish the protection measures.
- The radiation dose obtained by personnel is measured and recorded. The workplace is cleaned of radiation according to separate guidelines.

First aid to an unconscious person

Loss of consciousness – the patient is breathing but does not wake up or respond. This can be caused by a number of factors.

Try to wake up the patient



Try to wake up the patient by speaking to and shaking the person. Turn the patient to lie on back.

Call 112



If the patient does not respond when talked to, call the emergency response centre. If there are others present, ask them to help.

Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

Open the airway



See whether the patient is breathing and whether breathing is normal. Lift the chin so that the airway is open.

Lateral position



If breathing is normal, turn the patient to a lateral position. Follow and monitor the patient's breathing until professional help arrives.



First aid to a lifeless person (resuscitation)

Try to wake up the patient



If a person loses consciousness suddenly, try to wake up the person by talking to and shaking the person. A lifeless patient does not wake up or respond to shaking. Turn the patient to lie on back.

Call 112



Call the emergency response centre or ask someone else to do so.

Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

Open the airway



Open the airway and check whether the patient is breathing. A lifeless person does not breathe normally or at all.

Start resuscitation



Place the palm of your hand in the middle of the breastbone of the lifeless person, and press down with your arms straight so that the breastbone sinks 5 cm. Let the breastbone resume its position between the chest compressions. Press 30 times while counting out loud. Immediately after 30 chest compressions, give breath to the patient twice: open the airway, place your mouth tightly over the patient's mouth, and use your fingers to close the patient's nostrils. Blow calmly and make sure that the patient's chest rises. Giving breath twice takes 5 seconds. Continue resuscitation using the same pattern of 30:2 until professional help arrives.

Defibrillators located in the HaminaKotka port area can be found at defi.fi.



How to rescue someone who has been under water

Locate



Make a note of any landmark that can be used to locate the person under water.

Call 112



Call the emergency response centre or ask someone else to do so.

Call the gate control as well:
Hamina +358 (0)40 590 6562
Mussalo +358 (05) 260 5081

Rescue



There are rescue stations at intervals of 100 metres on the quay area. The stations are provided with a hook, ladder and life buoy with throw line.

Once you have managed to get the person from the water to the land, boat or quay, start first aid measures. See instructions for first aid to an unconscious or lifeless person, pages 13 and 14.

Always deliver a person who has been rescued from under water to medical treatment without delay even if the person would seem to revive quickly, because water in lungs and a decrease in body temperature can cause serious problems later on.

Contacts in emergencies and extraordinary situations

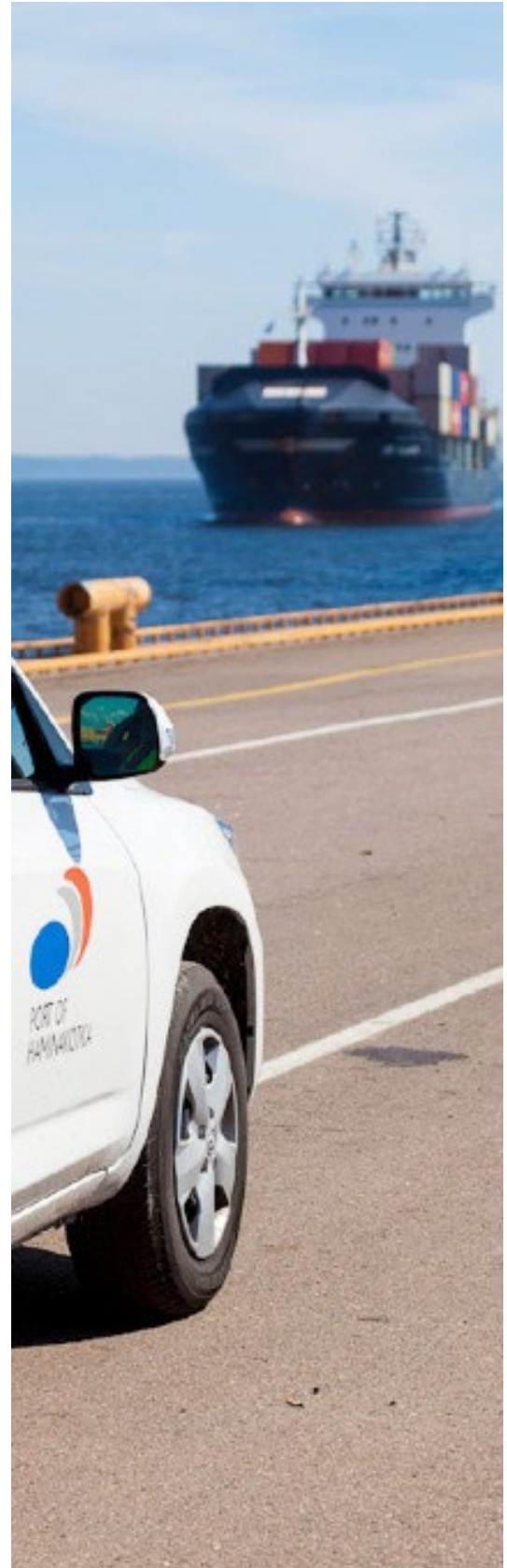
Emergency response centre 112

Kymenlaakso Rescue Service, tel. +358 (0)5 23161

Gate control room Hamina, tel. +358 (0)40 590 6562

Gate control room Kotka Mussalo, tel. +358 (0)5 260 5081

ISPS security contact point, tel. +358 (0)20 790 8850 / 24 h



Port of HaminaKotka Ltd

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