



# MEASURES TO BE TAKEN IN THE EVENT OF A BLAST

## UNDERSTANDING THE ISSUE

The blast effect is the damage caused by a shock wave after an explosion. It causes people and objects to be thrown violently, leads to a range of injuries and thermal effects (burns).

### WHAT NEEDS TO BE DONE IMMEDIATELY

Because assessing the extent of injury is not easy, the following must be done while waiting for emergency services:

- lay the victim down (unless they insist on staying seated – because of breathing difficulties for example).
- assess vital signs (enlist the help of a first-aider or equivalent where possible) and start cardiac resuscitation if necessary.
- address acute injuries (apply pressure to bleeding, treat burns. etc.).
- reassure the victim and watch them until a medical team takes over.
- cover them depending on the circumstances.

A 24- or 48-hour hospital stay is usually required for monitoring purposes.

### MAIN POTENTIAL INJURIES

- **Ears:** eardrum affected, with hearing loss or deafness, tinnitus, possible bleeding.
- **Digestion:** organs containing air expand (stomach and intestines) leading to local or abundant bleeding (the victim is pale and has abdominal pains) and secondary infections. These signs may appear several hours after the explosion.
- **Upper respiratory tract:** nosebleed, severe and acute respiratory problems may occur, evidenced by cyanosis for instance (bluish skin colour).
- **Skin and mucous membranes:** burns of varying severity.
- The displacement of a mass of air may lead to many injuries – such as arms and legs being broken, wounded or torn – because of more or less heavy projectiles.

- Never let anyone, even apparently unhurt, leave an explosion area before they have been examined by a physician.



## REMEMBER

A workplace accident must be declared to the Human Resources Department as soon as possible (preferably within 24 hours), by submitting a medical certificate and a workplace accident declaration form:



[https://intranet.cnrs.fr/Cnrs\\_pratique/recruiter/Pages/D%C3%A9claration-d%E2%80%99accident-du-travail-et-de-maladie-professionnelle.aspx](https://intranet.cnrs.fr/Cnrs_pratique/recruiter/Pages/D%C3%A9claration-d%E2%80%99accident-du-travail-et-de-maladie-professionnelle.aspx) «**Déclaration d'accident du travail et de maladie professionnelle**»