

WOUNDS

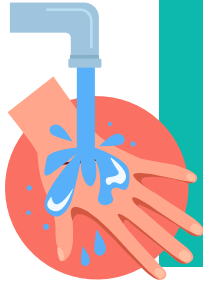


Minor: Cuts, lacerations, abrasions, or punctures

- Wash the wound using soap and water; rinse it well.
- Cover the wound using clean dressing.

Major: Large, deep and bleeding

- Stop the bleeding by pressing directly on the wound, using a bandage or cloth.
- Keep pressure on the wound until medical help arrives.



FIRST AID



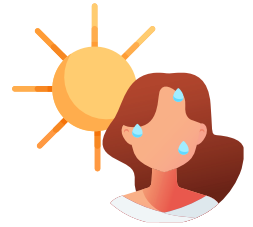
BROKEN BONES



- Do not move the victim unless it is absolutely necessary.
- If the victim must be moved, “splint” the injured area. Use a board, cardboard, or rolled newspaper as a splint.

HEAT EXHAUSTION

- Loosen the victim’s tight clothing.
- Give the victim “sips” of cool water.
- Make the victim lie down in a cooler place with the feet raised.



NECK & SPINE INJURY

If the victim appears to have injured their neck or spine, or is unable to move their arm or leg, do not attempt to move the victim unless it is absolutely necessary.



BURNS



Thermal (Heat)

- Rinse the burned area, without scrubbing it, and immerse it in cold water; do not use iced water.
- Blot dry the area and cover it using sterile gauze or a clean cloth.

Chemical

- Immediately flush the exposed area with cool water immediately for 15 to 20 minutes.



INSTRUCTIONS

In all situations that require emergency treatment, call 911 to request medical assistance. If you are unable to call ask another person to call.

EYE INJURY



Small particles

- Do not rub your eyes.
- Use the corner of a soft clean cloth to draw particles out, or hold the eyelids open and flush the eyes continuously with water.

Large or stuck particles

- If a particle is stuck in the eye, do not attempt to remove it.
- Cover both eyes with bandage.

Chemical

- Immediately irrigate the eyes and under the eyelids, with water, for 30 minutes.