

FIRST AID



BLEEDING

- Apply direct pressure to wound using a clean cloth
- Maintain pressure until bleeding stops.
- Wash the wound with soap and water around it.
- Elevate injury above heart level!



BURNS

- Stop the burning, remove the person from heat
- Cool the burn under cool running water 15-20 minutes.
- Protect the burn by covering



FRACTURES

- Help the person support the injured area.
- Immobilize an area using a splint or sling.
- Apply a sling above heart



SPRAINS

- Rest the ankle or injured area.
- Apply an ice pack for 15-20 minutes
- Compress the injury using an elastic bandage:



EYE INJURIES

- Do not rub the eye.
- Flush a foreign particle out.
- Cover an injured eye without putting pressure on it.
- Cover both eyes if embedded.



CHOKING

Signs of choking

- The person who clutches their throat, has difficulty breathing.

Perform abdominal thrusts (Heimlich maneuver)

- Ask if the person is choking and unable to breathe.
- Apply an abdominal thrust to relieve the airway.
- Treat for shock. Keep the person down and calm.



CPR

- Check the breathing responsiveness.
- If absent or inadequate, begin CPR.
- Compressions to the center of the chest and push hard and fast.
- Allow medical help.



CPR

- Check the person's responsiveness
- If absent or inadequate, begin CPR.



CPR

- Check for the person's breathing, an AED is ready, or emergency assistance arrives.
- When AED provides power, use it and follow the prompts.

Most people ignore.. until it's too late!!

HEART ATTACK WARNING SIGNALS

