

First Aid

BLEEDING:

- Apply direct pressure. (use latex gloves or a folded cloth to prevent contact with the victim's blood)
- Elevate wounded area above victim's heart, if there's no sign of fracture
- Get medical help

CHOKING:

- Stand behind the victim
- Place the thumb side of one fist against the victim's abdomen, between the navel and the ribs
- Grasp your fist with your other hand
- Press into the abdomen with a quick upward thrust
- Repeat until the object is expelled or the victim becomes unconscious
- Get medical help



SPRAINS AND STRAINS:

- Use “**R.I.C.E.**”
- **R**est-Stop using the injured part
- **I**ce-Apply ice or a cold pack (do not apply directly on the skin)
- **C**ompression- Wrap an elastic bandage around the injury, over or under the ice or cold pack
- **E**levation-Raise the injured part above the heart
- Get medical help as soon as possible

POISONING:

- Try to identify the poison, if you can do so quickly
- If the poison is a household chemical, follow the first-aid instructions on the container's label.
- Call the Poison Control Center (keep number by the phone). If this is not possible **911** or your local emergency number
- **DO NOT** make the victim vomit unless you are told to do so

MINOR BURNS:

- Immerse burn in cool water until the burn area feels cool
- Cover burn with a dry sterile dressing
- **NEVER** put butter or grease on a burn
- Seek medical attention