



KEEP
CONFIDENCE & COMMON SENSE.
ASSASS THE SITUATION
 IS IT LIFETHREATENING?
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MGET MEDICAL HELP.



MINOR BURNS

Relieve pain by applying ice packs or damp, cold cloths, or by dipping burned area in cool water. Let area dry, then cover with a loose bandage.



BLISTERS

Protect the tender area by placing a piece of tape or moleskin over the area. The best method is to cut a hole in a piece of moleskin the size of the area and tape it in place. You may use a sterile needle to drain the liquid.

FROSTBITE

Gradually warm the affected area by holding it in warm running water or wrap in a dry blanket. Have the victim exercise injured fingers or toes. GET MEDICAL HELP.



INSECT BITES

Relieve the pain of insect bites or stings with ice or a cold towel. If the stinger of a bee or wasp is still in the skin, flick it away with your fingernail or the edge of a knife or credit card.

SIMPLE CUTS AND SCRATCHES

Clean wound by washing it with soap and water. Let the skin dry, then apply an adhesive bandage.



SNAKEBITE

GET MEDICAL HELP. If you know what kind of snake it was, tell the doctor. Have the victim lie down and rest the bitten part lower than the rest of the body. Keep him calm and quiet. Treat the victim for shock. If necessary, tie a constricting band above the bite to slow the venom.

NOSEBLEED

Have the victim sit leaning slightly forward so that the blood doesn't run down the throat. Ask the person to pinch his nose firmly but gently. Apply a cold compress to the nose and surrounding area.



HURRY CASES CHOKING



HEIMLICH MANEUVER

Stand behind the victim. Put your arms around his waist and clasp hands together. This should be just above his navel but below his rib cage. Thrust inward and upward with enough force to pop loose the obstruction. Repeat until the obstruction clears or medical help arrives.