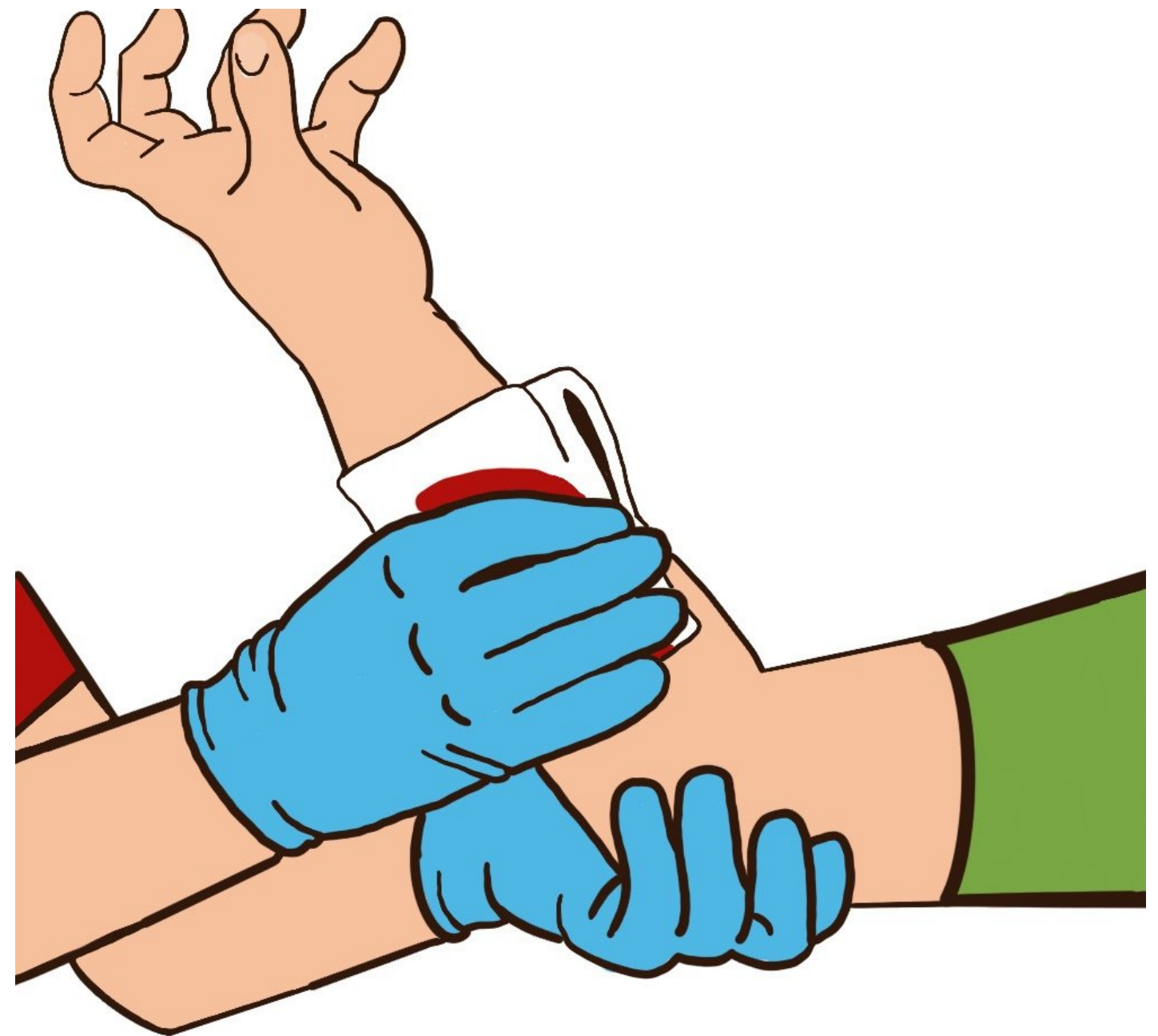


FIRST AID

BLEEDING

- APPLY DIRECT PRESSURE TO THE WOUND USING A STERILE GAUZE PAD OR CLEAN CLOTH
- ELEVATE THE INJURED AREA ABOVE THE LEVEL OF THE HEART IF THERE IS NO FRACTURE
- COVER THE DRESSING WITH A PRESSURE BANDAGE. IF BLEEDING DOES NOT STOP APPLY ADDITIONAL DRESSINGS.
- IF NECESSARY, APPLY PRESSURE TO THE ARTERY WITH YOUR HAND.



BURNS

- STOP THE BURNING. REMOVE THE PERSON FROM THE SOURCE OF THE BURN
- COOL THE BURN. HOLD BURNED AREA UNDER COLL (NOT COLD OR ICY) RUNNING WATER OR IMMERSE FOR 10 TO 15 MINUTES. USE COOL COMPRESSES IF WATER IS UNAVAILABLE.
- COVER THE BURN. COVER BURN WITH NON-ADHESIVE STERILE BANDAGE OR CLEAN CLOTH.
- PREVENT SHOCK. LAY THE PERSON DOWN AND ELEVATE THE LEGS.



IN SEVERE CASES CALL THE AMBULANCE 112 IMMEDIATELY