

HEAVY BLEEDING



STEP 1 - Elevate the wounded area above the heart.

STEP 2 - Put pressure on the wound.

STEP 3 - If there's foreign object in the wound, then apply pressure around it.

tell your friends

BURN



STEP 1 - Cool the burn under cold running water for at least 15 minutes.

STEP 2 - Loosely cover the burn with cling film or a clean plastic bag

CHOKING



STEP 1 - Get behind the person.

STEP 2 - Give 5 back blows between his shoulder plates.

STEP 3 - Give 5 quick upward & inward abdominal thrusts by holding your hands between his lower rip cage.

SEIZURE/EPILEPSY



STEP 1 - Do not restrain the person but use a blanket or clothing to protect his head from injury.

STEP 2 - After the seizure, help the person rest on his side with his head tilted back

STEP 3 - Do not put anything in his mouth

FRACTURE



STEP 1 - Stop any bleeding. don't try to realign the bone.

STEP 2 - Immobilize the injured area. Apply a splint to the area above and below the fracture sites. This can help reduce discomfort.

STEP 3 - Apply ice packs to limit swelling and help relieve pain.

STROKE

F



face
drooping

A



arm
weakness

S



speech
difficulty

T



time to call
emergency

STEP 1 - Face drooping: is there weakness on the side of the face?

STEP 2 - Arm immobilized: can he raise both of his arms?

STEP 3 - speech impaired: can his speech be easily understood?

STEP 4 - Time: time to call emergency if any of the above happens.

SPRAIN



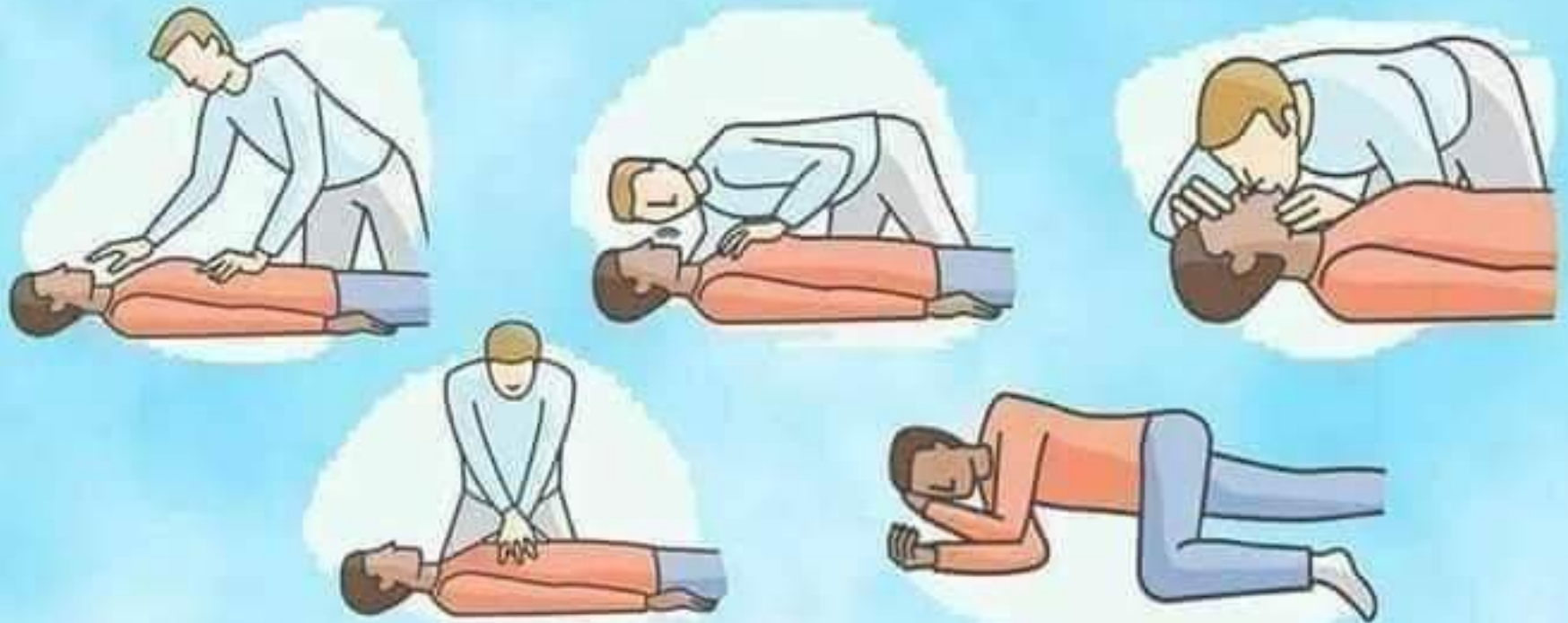
STEP 1- Rest: support the injured part in a comfortable position.

STEP 2 - Ice: use an ice pack to reduce pain & swelling every 3 hours.

STEP 3 - Compression: wrap the injured area with a elastic bandage

STEP 4 - Elevation: keep the injured part elevated to limit swelling & bruising.

NO BREATHING



STEP 1 - Push hard & fast on the center of victim's chest

STEP 2 - Tilt the victim's head back & lift the chin to open the airway.

STEP 3 - Close his nose and give mouth-to-mouth breaths

STEP 4 - Repeat chest compressions & rescue breaths.

HEART ATTACK



STEP 1 - Identify the signs-the person may have persistent vice-like chest pain, which may spread to their arms, neck.

STEP 2 - Call emergency

STEP 3 - Ensure they are sitting