

SEIZURE / EPILEPSY

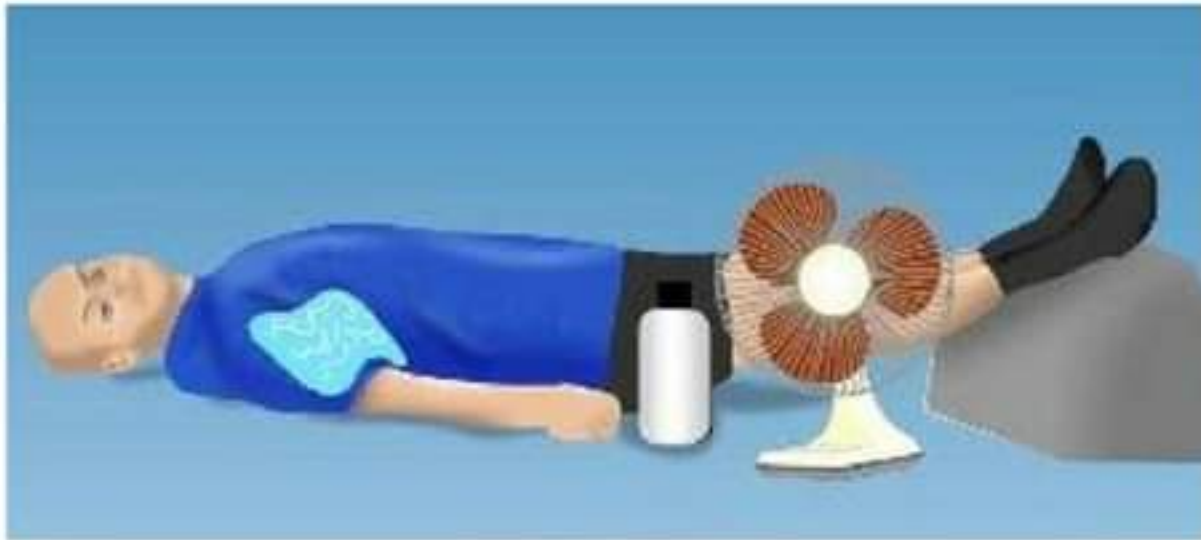


Step 1 Do not restrain the person but use a blanket or clothing to protect his head from injury.

Step 2 After the seizure, help the person rest on his side with his head tilted back.

NOTE: Do not put anything in his mouth.

HEAT STROKE



- Step 1** Move the person into a cool place away from direct sunlight.
- Step 2** Have the person lie down with feet elevated.
- Step 3** Remove the person's unnecessary or tight clothing.
- Step 4** Apply damp cloth or ice packs to armpits, neck & groin.
- Step 5** Give water & fan him.

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.

STROKE



FAST Test

- Step 1** Face drooping: Is there weakness on one 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.

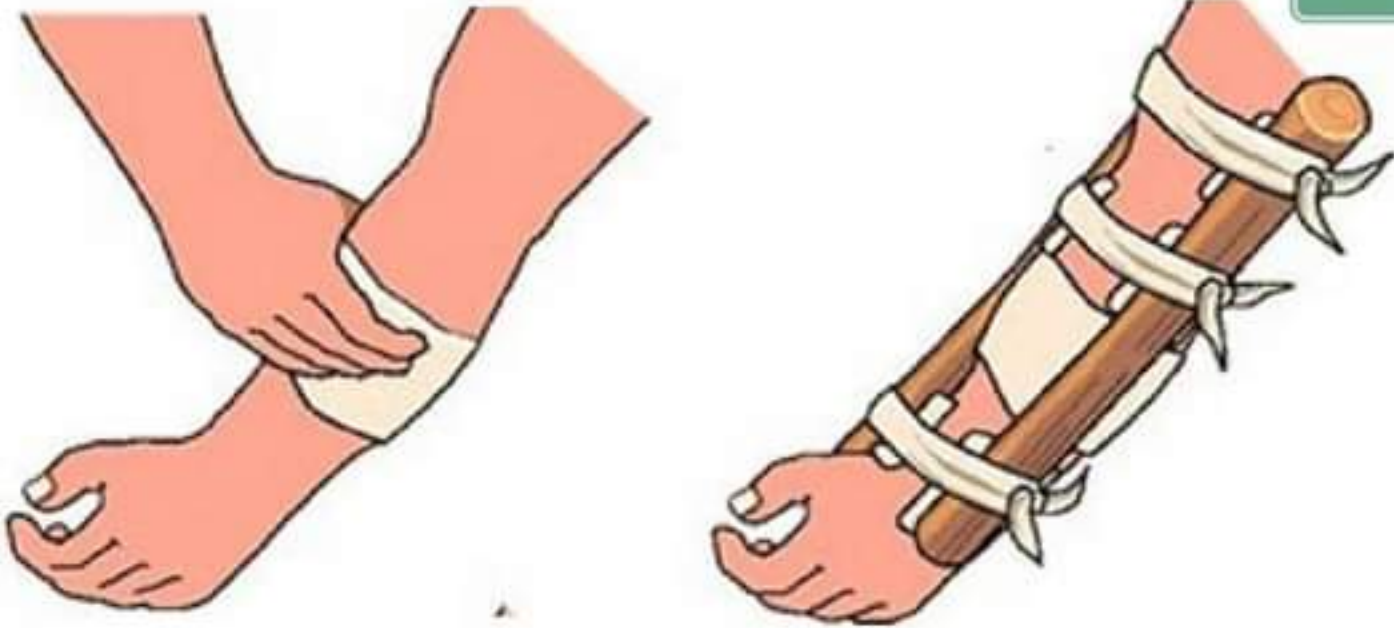
SPRAIN



RICE Method

- 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 elastic bandage.
- Step 4** Elevation: Keep the injured part elevated to limit swelling & bruising.

FRACTURE



Step 1 Stop any bleeding. Don't try to realign the bone.

Step 2 Immobilize the injured area. Make a splint, place it gently under the limb and tie it to the limb with pieces of cloth.

Step 3 Apply ice bags to limit swelling and relieve pain.

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.

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

NO BREATHING



CPR

- Step 1** Push hard & fast on the center of the 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.

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 naval & lower rib cage.