

Safety Tip

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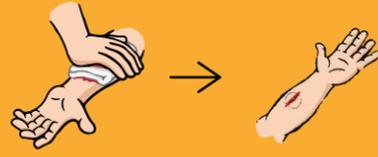
The essential guide to first aid

Bleeding

First things first

1. Press on the wound to stop or slow down the bleeding.
2. If the bleeding is heavy, call an ambulance.

3. Press on the wound until help arrives.



Low bleeding

1. Rinse a small cut or a scratch with water.
2. Don't apply iodine to an open wound; instead, use hydrogen peroxide.
3. Apply a bandage.



Nosebleed

1. Press down the wing of the nose and advise the injured person to bend over and breathe through his/her mouth.
2. Don't ask him or her to bend backward –blood may flow into the trachea or stomach and provoke vomiting.
3. If the bleeding doesn't stop within 15-20 minutes, call an ambulance.



Heavy bleeding

1. Press on the wound with gauze tissue or bandage, but you can also use your hand, shirt, towel, or any other bandaging.
2. If blood soaks through the bandage, don't take it off and apply another one right above it.
3. Remember; a tourniquet is applied only to stop strong, arterial bleeding.



Arterial bleeding

1. Firstly, press directly on the wound, apply a tight bandage, bend the injured limb at the joint as much as you can, and press the artery down with your finger.
2. Only if none of the above helps, apply a tourniquet above the wound and over the clothes. If the victim is not wearing long clothes, put something soft in between the tourniquet and the skin.
3. It's essential to mark the time since you have applied the tourniquet, you need to tell his/her information to the doctor.

Questions

A person is pale, dizzy, and has chills. What does this mean?

This means the person is going into shock. You should call an ambulance immediately.

Can I contract an infection if I touch the blood of another person?

It is best to avoid contact with another person's blood. You can use medical gloves or a PE bag, or ask the injured person to press on the wound him/herself.

Should I wash the wound?

You may wash small cuts or bruises, but if the bleeding is significant, do not wash it as, you will wash off the caked blood, and the bleeding will get heavier.

What should I do if there is a foreign object inside the wound?

Do not take it out –it can make the bleeding worse. Instead apply a tight bandage around the object.

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.