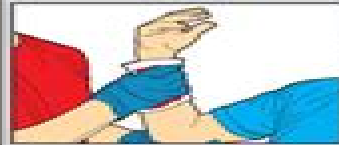


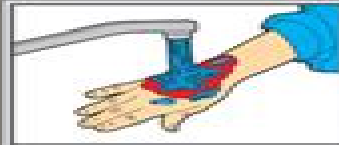
PRINTABLE FIRST AID POSTER

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.



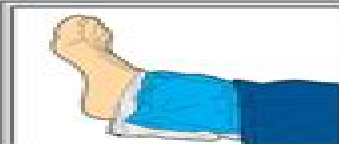
BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burned area under cool (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.



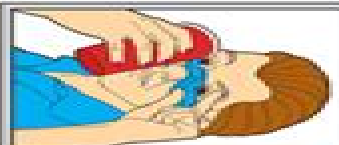
FRACTURES

- Help the person support the injured area. Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- Check for feeling, warmth and color below fracture.
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Apply ice or cold packs and elevate.
- Treat for shock. Lay the person down and elevate the legs.



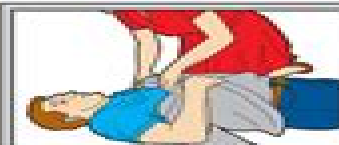
SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under) to protect the skin.
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.



EYE INJURIES

- Don't rub the eye.
- For a foreign particle such as dirt, sand, or silver or metal filing the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eyes immediately wash the eyes with lots of water.



SHOCK

- Help the person lie down on his or her back.
- Elevate the feet about 12 inches, raising the feet above the person's knees. Keep him or her flat.
- Check for signs of breathing or movement, and if absent:
- Keep the person warm and
- Turn the person on his or her side to prevent choking if the person bleeds from the mouth.



CHOKING

Signs of choking

- The person has hands clutching his or her throat, unable to breathe or talk, or skin, lips, and nails are turning blue.

Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrap your arms around the waist.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver, shoving your fist inward and upward quickly.
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.

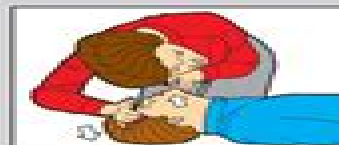


CPR

- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.

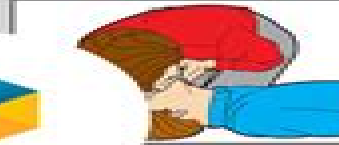
Compressions - Begin compressions

- If face down, put the person on his or her back, while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minute.



Airway - Clear the airway

- If trained for CPR, after 30 compressions, open the person's airway by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathe sounds.



Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise, repeat the head tilt, chin lift, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement, or emergency personnel take over.



First Aid Guide Posters

Lingjun Ying



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Table of Contents **First Aid Guide Posters**

1. Understanding the eBook First Aid Guide Posters
 - The Rise of Digital Reading First Aid Guide Posters
 - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Guide Posters
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an First Aid Guide Posters
 - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Guide Posters
 - Personalized Recommendations
 - First Aid Guide Posters User Reviews and Ratings
 - First Aid Guide Posters and Bestseller Lists

5. Accessing First Aid Guide Posters Free and Paid eBooks
 - First Aid Guide Posters Public Domain eBooks
 - First Aid Guide Posters eBook Subscription Services
 - First Aid Guide Posters Budget-Friendly Options
6. Navigating First Aid Guide Posters eBook Formats
 - ePub, PDF, MOBI, and More
 - First Aid Guide Posters Compatibility with Devices
 - First Aid Guide Posters Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid Guide Posters
 - Highlighting and Note-Taking First Aid Guide Posters
 - Interactive Elements First Aid Guide Posters
8. Staying Engaged with First Aid Guide Posters
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid Guide Posters
9. Balancing eBooks and Physical Books First Aid Guide Posters
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid Guide Posters
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine First Aid Guide Posters
 - Setting Reading Goals First Aid Guide Posters
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of First Aid Guide Posters
 - Fact-Checking eBook Content of First Aid Guide Posters
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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