## PRINTABLE

# FIRST AID POSTER

# 



#### BLEEDING

- Apply direct pressure to the wound using a storile gause pad or clean cloth.
- Cover the dressing with a pressure to age. If bleeding down 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.
- Good this burre. Hold burred over under cook from cold or any maning water or investor as for 10 to 15 minutes. Use cool compresses if a cold or investoriation.
- Cover the burn. Cover burn with remarked process of clean shape
- Prevent shock. Lay the person down and elevate the legs.



#### FRACTURES

- Help the person support the injuried area.
   Stop any bleeding by applying pressure with starries bandage or closer cloth.
- Oheck for feeling, warmth and color below fracture.
- Immedalize the injured area. Apply a soft or hard spirit above and below the fracture.
- Apply ice or cold packs and elevate.

  Treat for shock. Ley the person down and elevate the legs.



#### SPRAINS

- · Boot the arride or injured area
- Apply los or cold packs (wrsp in cloth or put cloth under to protect the skin).
- Compress by lightly sarapping an ela-bandage pround the inprod area.
- Elevate the injured area above heart level to reduce swelling.



#### EYE INJURIES

- or Disor's made since wyer.
- For a foreign particle such as dirt, san or sliver of wood or metal have the per pull the upper lid down and blink repeatedly.
- a Flush the eye with worter.
- For any chamicals in the eyes immediately wash the eyes with lots of water.



#### SHOCK

- · Help the person lie down on his
- Elevate the feet about 12 inch resump the feet causes pain or for inpury, keep him or her flat.

- Turn the person on his or his 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;

#### Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrep your arms pround the societ.
- Make a flat with one hand. Preston it slightly above the person's navel.
- Grad the first with the other hand. Press hand into the abdomen with a quick insend and upserd thrust.
- If you are alone, perform abdominal thrusts before saling \$11. If two people are scalebile, one can call for help while the other performs first aid.

#### Clear the airway of obese person or pregnant woman

- Place your hands a little higher than
- Proceed as with the Heimflich mensurer, showing your flet invested and upwand quitally
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.



#### CPR

- · Check to see if the pe-
- If the person doesn't respond and you are alone first call \$11, then begin CPR.
   I tee people are available, one should call \$11 and the other begin CPR.



- Place the heal of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep you allows straight.
- Using your upper body push straight down compressing the cheek to about 2 months. Fush hard at a rate of 100 compressions per metals.



- If trained for CPR, after 30 compressions for compressions of the person of the person by discord, your pales on the person's functional and gently tilt the head back. With the other hand gently tilt, the third back. With the other hand gently tilt, the chief forward to open the serving.
   Check for normal breathing, thesi, motion, and issue for normal breathing to each south.

#### Breathing - Breathe for the person

- Clive title first rescue breath and settoh
  to see if the chest rises, if it does rise
  give the second breath. If the chest
  desern't rise, repeat the head tilt, shintilt, and give title solorid breath.
- Resume Obest compressions.
   Continue OFS until theirs are signs of mountain or emergency personnel take



## First Aid Manual Printable

**Robert R. Redfield** 

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