

# FIRST AID

## First Aid Bandage

In many cases, you can use an adhesive bandage to cover minor cuts, scrapes, or burns. To cover and protect larger wounds, you might need to apply a clean gauze pad or roller bandage.

To apply a roller bandage to a wound, follow these steps:

1. Hold the injured area steady.
2. Gently but firmly wrap the bandage around the injured limb or body part, covering the wound.
3. Fasten the bandage with sticky tape or safety pins.
4. The bandage should be wrapped firmly enough to stay put, but not so tightly that it cuts off blood flow.

To check the circulation in a bandaged limb, pinch one of the person's fingernails or toenails until the color drains from the nail. If color doesn't return within two seconds of letting go, the bandage is too tight and needs to be adjusted.

## First Aid Burns

If you suspect that someone has a third-degree burn, call 911. Seek professional medical care for any burns that:

1. cover a large area of skin
2. are located on the person's face, groin, buttocks, hands, or feet
3. have been caused by contact with chemicals or electricity

To treat a minor burn, run cool water over the affected area for up to 15 minutes. If that's not possible, apply a cool compress to the area instead. Avoid applying ice to burned tissue. It can cause more damage.

## First Aid CPR

If you see someone collapse or find someone unconscious, call 911. If the area around the unconscious person seems safe, approach them and begin CPR. Even if you don't have formal training, you can use hands-only CPR to help keep someone alive until professional help arrives.

Here's how to treat an adult with hands-only CPR:

1. Place both hands on the center of their chest, with one hand on top of the other.
2. Press straight down to compress their chest repeatedly, at a rate of about 100 to 120 compressions per minute.
3. Compressing the chest to the beat of "Staying Alive" by the Bee Gees can help you count at the correct rate.
4. Continue performing chest compressions until professional help arrives.

## First Aid Heart Attack

If you think someone might be experiencing a heart attack, call 911. If they've been prescribed nitroglycerin, help them locate and take this medication. Cover them with a blanket and comfort them until professional help arrives.

If they have difficulty breathing, loosen any clothing around their chest and neck. Start CPR if they lose consciousness.

# Free First Aid Posters

**H Kauffman**



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