

First Aid Tips - General and During Disasters

General First Aid Tips

1. Cuts and Wounds:

- Wash hands before treating.
- Clean the wound with water and apply antiseptic.
- Cover with a sterile bandage.
- Apply pressure if bleeding heavily.

2. Burns:

- Cool minor burns under running water for 10-15 minutes.
- Do not apply ice or toothpaste.
- Cover with sterile, non-stick bandage.
- Call emergency services for severe burns.

3. Choking:

- Encourage coughing.
- Perform Heimlich maneuver if trained.
- For unconscious person, perform CPR if needed.

4. CPR (Cardiopulmonary Resuscitation):

- Check for response and breathing.
- Call emergency services (112).
- Start chest compressions (30 compressions + 2 breaths).

5. Snake or Animal Bites:

- Keep the person still and calm.
- Immobilize bitten limb.
- Do not suck venom or apply ice.
- Seek medical help immediately.

First Aid Tips - General and During Disasters

6. Fractures or Sprains:

- Immobilize area using splint or cloth.
- Apply cold pack.
- Avoid unnecessary movement.
- Seek medical help.

Disaster-Specific First Aid Tips

Floods:

- Avoid floodwater; clean any wounds immediately.
- Use antiseptics to prevent infection.
- Treat hypothermia with blankets and dry clothes.

Earthquakes:

- Check for injuries after shaking stops.
- Treat bleeding, fractures, and head injuries.
- Avoid debris and help others carefully.
- Conserve energy if trapped.

Cyclones / Storms:

- Stay indoors during storm.
- Treat wounds quickly.
- Watch for injuries from flying debris.
- Avoid downed power lines.

Fires:

- Cool burns with clean water.
- Get smoke-inhalation victims to fresh air.
- Watch for breathing issues or facial burns.

First Aid Tips - General and During Disasters

Emergency First Aid Kit Checklist

- Sterile gauze pads & adhesive bandages
- Antiseptic solution (Betadine/Savlon)
- Burn cream
- Pain relievers (Paracetamol, Ibuprofen)
- ORS packets (Oral Rehydration Salts)
- Scissors, tweezers, safety pins
- CPR mask or face shield
- Gloves (non-latex)
- Emergency contact numbers
- Flashlight and whistle