

First-Aid Safety Guide

[Bleeding / Cuts / Left Arm]

If your left arm is bleeding:

- Apply firm pressure with a clean cloth.
- Elevate the arm above heart level if possible.
- Call emergency number 112 immediately.

[Burns]

If you have a burn:

- Cool the area under running water for at least 10 minutes.
- Do not apply ice directly.
- Seek medical help if severe.

[Broken Bones / Fracture]

If you suspect a broken bone:

- Immobilize the limb.
- Avoid moving the injured person.
- Call emergency number 112.

[Feeling Unsafe / Harassment]

If you feel unsafe or are being harassed:

- Move to a well-lit area.
- Call the police or emergency helpline.
- Share your location with a trusted contact.