

- What first aid to do if anyone gone injured?
  - ✓ Follow the ABCs (Airway, Breathing, Circulation) by checking for responsiveness, clearing the airway, and starting CPR if necessary.
- How to control bleeding in case of injury?
  - ✓ You can control bleeding with a clean cloth, keep the person warm.
- How to assess the injured person?
  - ✓ Check the person for responsiveness by gently shaking or tapping them and asking if they are okay.

### **What are ABCs of first aid?**

#### **A (Airway):**

- ✓ Gently tilt the head back to open the airway
- ✓ Check for any obstructions in the mouth or throat.

#### **B (Breathing):**

- ✓ Check if the person is breathing. If not, and you are trained, begin rescue breaths.

#### **C (Circulation):**

- ✓ Check for a pulse.
- ✓ If there is no pulse, begin chest compressions and continue until help arrives or breathing is restored.

### **How to Manage injuries in case of bleeding?**

- ✓ Apply gentle, firm pressure to the wound with a clean cloth to stop bleeding.

### **How to Manage injuries in case of shock?**

- ✓ Lie them down
- ✓ Raise their legs
- ✓ Keep them warm with a blanket, and provide comfort.

### **How to Manage injuries in case of fractures?**

- ✓ Do not move the person or the injured limb if you suspect a fracture.

- ✓ Stabilize any broken bones with splints or padding if possible.
- ✓ Keep them warm with a blanket, and provide comfort.

#### **How to manage injuries in case of burns?**

- ✓ For minor burns, rinse the area with running water.
- ✓ For severe burns, cover with a clean, dry cloth and do not apply any ointments.

#### **What are Don'ts in case of accident?**

- ✓ Do not move.
- ✓ Only move the injured person if they are in immediate danger.
- ✓ Avoid moving them if you suspect a head, neck, or spinal injury.
- ✓ Do not give anything.
- ✓ Never give food, drink, or water to an unconscious person or someone with serious injuries.