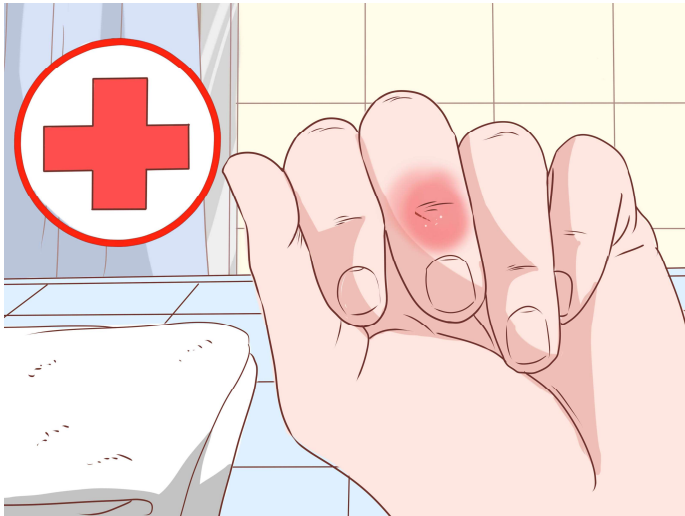
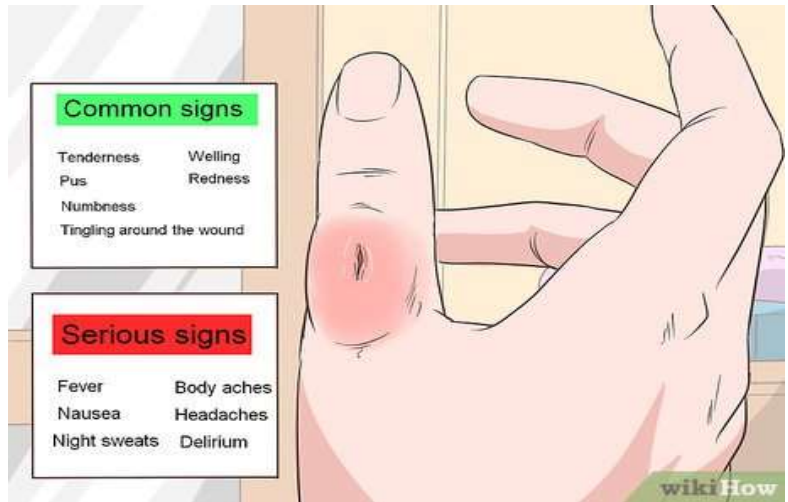


First Aid for Splinters & Stuck Bits

Splinters, glass, or other small objects stuck in the skin can cause pain and infection if not treated properly. Stay calm, clean the area, and remove the object carefully using clean tools. Always wash your hands before and after treatment.

Common Causes

- Handling wood, thorns, or metal fragments
- Walking barefoot outdoors
- Broken glass or metal shards
- Accidents while gardening or crafting
- Inadequate protective gear



What to Do

- Wash your hands thoroughly with soap and water
- Clean the affected area gently with antiseptic
- Use sterilized tweezers to grasp and pull out the splinter slowly
- Rinse again and apply an antiseptic ointment
- Cover with a clean bandage if necessary

What NOT to Do

- Do not squeeze or dig with dirty tools
- Do not use needles that aren't sterilized
- Do not ignore deep or painful splinters
- Do not try to remove objects embedded near eyes or deep under skin



**SOS**

When to Seek Medical Help

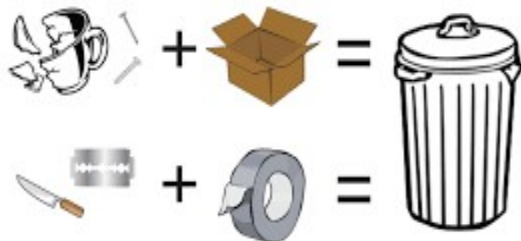
- If the splinter is deep, large, or made of glass/metal
- If redness, swelling, or pus develops
- If it's near the eyes, nails, or genitals
- If you cannot remove it completely
- If your last tetanus shot was over 10 years ago

Prevention Tips

Simple safety steps can help prevent splinters and other stuck bits. Always protect your hands and feet, and stay cautious while handling sharp materials.

Use Protective Gear

- Wear gloves when handling wood, thorns, or metal objects.
- Always wear shoes outdoors to prevent foot splinters.
- Use safety goggles when cutting or grinding materials.



Keep Work Area Clean

- Clean up debris and broken pieces after using wood or glass.
- Dispose of sharp objects safely in a puncture-proof container.
- Maintain good lighting to spot hazards easily.

Maintain Healthy Skin

- Moisturize your hands to avoid cracks that can trap splinters.
- Check children's toys and outdoor play areas for sharp edges.



Treatment & Medication

Medicines and ointments that may be recommended to prevent infection or help healing after removing a splinter.

Antiseptic & Antibiotic Care

After removal, apply an antiseptic ointment such as povidone-iodine or a mild antibiotic cream. Pain relievers like paracetamol can help if the area is sore. Avoid strong disinfectants that irritate the wound.