

## First Aid for Minor Cuts and Scrapes

Minor cuts and scrapes are common injuries that can usually be treated at home. Proper cleaning and care help prevent infection and speed up healing. Stay calm, clean the wound gently, and protect it with a sterile bandage.

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### Common Causes

- Accidental slips or falls
- Handling sharp objects like knives or scissors
- Outdoor activities and sports
- Scraping skin on rough surfaces
- Small household or kitchen accidents



### What to Do

- Wash your hands before touching the wound.
- Rinse the cut gently under clean running water.
- Clean around the wound with mild soap, avoiding deep contact.
- Stop any bleeding by applying gentle pressure with a clean cloth.
- Apply an antibiotic ointment and cover with a sterile bandage.

### What NOT to Do

- Do not use alcohol or hydrogen peroxide directly on the wound—it may irritate tissue.
- Do not blow on the wound or touch it with unwashed hands.
- Do not peel scabs as they form; let them heal naturally.
- Do not ignore signs of infection like redness, pus, or swelling.



**SOS**

## **When to Seek Medical Help**

- If the wound is deep, large, or bleeding heavily.
- If there's dirt or debris that can't be removed.
- If the wound shows signs of infection (redness, pus, warmth).
- If the person hasn't had a tetanus shot in the last 5–10 years.
- If the wound is caused by an animal or rusty object.

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## **Prevention of Minor Cuts and Scrapes**

Preventing minor injuries starts with being aware of your surroundings and using proper safety measures at home and outdoors.

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## **Practice Safety**

- Always handle sharp tools, knives, and scissors with care.
- Use protective gloves when working with rough materials.
- Keep walkways and floors clear to prevent accidental trips or falls.



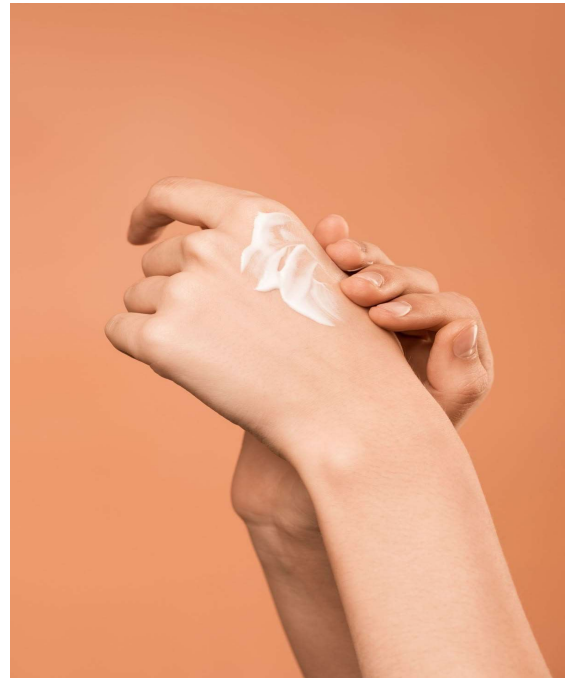
## **Maintain Clean Environment**

- Keep your home and workplace free from sharp debris or tools left out.
- Ensure children play in safe, clean areas free of sharp objects.
- Regularly disinfect surfaces to prevent infection if cuts occur.



## **Keep Skin Healthy**

- Moisturize dry skin to prevent cracking and tearing.
- Eat a balanced diet rich in vitamins and proteins for faster healing.
- Keep nails trimmed and clean to reduce accidental scratches.



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## **Treatment & Medication**

Topical ointments or antiseptics that may be used to clean, heal, or prevent infection in minor cuts and scrapes.

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## **Commonly Recommended Options.**

- Antiseptic creams (e.g., Savlon, Dettol cream)
- Topical antibiotics (e.g., Neosporin, Polysporin)
- Hydrocolloid or sterile adhesive bandages
- Petroleum jelly to keep the wound moist and aid healing