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FIRST AID MANUAL

PREVENTION AND SURVIVAL

“HELP US SAVE LIVES”

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FIRES

Fires are the third greatest lethal accident in the nation. More than 80% of all the deaths by fire happen where people sleep - houses, departments and condominiums, motels, hotels and mobile houses. A fire is the most probable disaster that your family and you could live.

Escaping from a fire

Planning

Ensure that all household members know two ways to escape from every room of your home. The procedures for some commercial buildings are different from those of houses.

Investigate how escape and report are to be handled in commercial buildings that you regularly frequent. It is a good idea to place fire extinguishers and smoke and fire detectors in several locations around the house and office. Contact local authorities for information about fire prevention.

The escape

If you are in a building and you smell smoke or see fire, get out of there quickly. Leave the burning house before raising the fire alarm. When you arrive at a telephone in a safe place, call the firemen. Provide the address or location of the fire and your name to the fire department. Make sure the fireman hangs the telephone before you.

Before opening a door in a building in flames, quickly feel the door with the palm or the back of your hand. If the door is hot, then the room to the other side probably is catching fire. If the door is cold, kneel down and check the air that emerges from underneath the door. If the air is cold then the room is safe to enter.

Kneel down behind the door while you open it slowly, moving away your face when opening it. Listen and smell if there is fire and smoke. If the room behind the door is in flames, very hot airs and gases can explode when the door is opened. If the smoke and hot air enters rapidly the room in which you are, close the door quickly.

Close all doors and windows in your way. When leaving an area full of smoke, crawl quickly. Hot air, carbon monoxide and many other toxic gases tend to ascend, whereas other gases can remain near the floor. For these reasons, the air will be fresh more or less at 30 cm (12") over the floor. Use the stairs instead of an elevator to escape of a building that is catching fire. The fire can damage the elevator and trap you inside.

- If you are not able to escape quickly, protect your hands, face and airways with damp rags and dampen your clothes. If you are trapped in the building, open the window a little and hang something - a shirt, a sheet, a towel or any other thing that attracts attention. Opening the window will give you fresh air and what you hang off the window will let people know that you are in the building. Wait to be rescued.






FIRES

- If your clothes catch fire, drop on the ground and roll to extinguish them. If the clothes of another person catch fire, make the person lie down in the ground and roll to extinguish the fire.
- After a major disaster, your local fire department can be overwhelmed with aid calls. They may not be available to respond to small residential fires (frequently caused by the union of cables, fallen electrical current cables, or damaged electrical appliance cables). Having a suitable domestic extinguisher and in good conditions and knowing how to use it can save your house and even your life.

Fire extinguishers

- Avoid small fires becoming big.
- Provide an escape route in a small fire.
- Help extinguish a small fire until the fire department arrives (if they are available to respond).

There are three main fire classifications:

	Ordinary fuels (paper, fabric, wood, rubber, several plastics)	Use a fire extinguisher with a green A symbol in the label
	Inflammable liquids (oils, gasoline, cooking grease, paint, solvents)	Use a fire extinguisher with a red B symbol in the label
	Electrical equipment (fires caused by cables, fuse boxes, engines, electrical tools, electrical appliances)	Use a fire extinguisher with a blue C symbol in the label

It may be that you find the traditional labels A-B-C, or both, traditional labels and the newest symbols in an extinguisher. You must use the correct type of extinguisher for each type of fire, to be safe and effective.

If you are planning to buy only one extinguisher, the multipurpose of chemical powder labeled 'ABC' extinguishes most fires. Place your extinguisher in an accessible location. Your fire department will be pleased to recommend the appropriate measures, number of extinguishers and places to put them in your house.



FIRES

How to use a fire extinguisher

Learn now, before a fire happens

- Read the label
- Teach all household members to use it
- Regularly go over instructions and the ways of operating.

Learn to use your fire extinguisher following these steps:

1

Pull

Pull the Pin at the top of the extinguisher. Some extinguishers require you to remove some kind of lock, release a seal or to make another type of movement.



2

Aim

Aim at the base of the fire, not the flames.



3

Squeeze

Squeeze the lever that is part of the handle.



4

Sweep

Sweep slowly from side to side the base of the fire until it is completely out.



If the fire becomes larger, get out of there. Close the door so the fire does not spread quickly.

You may be more prepared than you think. The following common house items can be very effective if a fire occurs. Remember, **first report the fire to the fire department**, then try to control or extinguish it:

- **Baking soda** (sodium bicarbonate) is very effective to extinguish kitchen fires. Keep it near the kitchen and furnace.

Caution: Do not use water in a fire caused by grease, nor try to take the frying pan in flames to the sink. Leave it on the stove, extinguish the fire and place a cover on the frying pan.



FIRES

- **Garden hoses** are very effective for fires that involve ordinary fuels like wood, paper, fabric and many types of plastic. The hoses must be connected at all times and have an adjustable mouthpiece. They must also reach all the sections of the house. It is recommended to have hoses in the frontal and latter part of the house at all times. Buckets and containers must be near water sources like washing tubs and keys.
- If your house has two floors, you must **have a ladder available**. The ladder must be sufficiently long to reach the windows of the second floor and the ceiling.
- A **shovel** is very useful for fires that happen outside. Small fires can be controlled when scattering or throwing dirt.
- A **rake** can be used to draw up edges that stop fire and delimit areas with dry leaves and grass. It can also be used to scatter dirt.
- **Homemade brooms** can serve to extinguish a small fire of grass or a fire at ground level. Wet fabric bags or sacks are very effective and have been used as basic tools to extinguish fires.
- In addition to fire extinguishers, **appropriately installed smoke detectors can save lives**. Being asphyxia the cause of most deaths, a warning in time can prevent these deaths. A smoke detector can also warn you when a fire begins while you are sleeping or in an unoccupied area of your home.

Location of a smoke detector

Smoke detectors must be installed in the exit of each dormitory and in each floor of your home, including roofs, and excluding corners and unfinished attics. For greater protection, smoke detectors should be installed in the wall or ceiling of each dormitory and in each hallway or adjacent area for any type of rest room. In houses where the bedrooms are on the second level, a smoke detector should be placed in the center of the ceiling just above the stairs. Avoid installation in toilets and areas exposed to heat and air conditioner vents.

Smoke detectors require a minimal amount of periodic maintenance, like the shaking and replacement of batteries - if you have the type that uses batteries-. All smoke detectors, either operated with batteries or by the electrical current of the house, must be checked at least once a month.

If you install a smoke detector in a wall, the upper part of the detector has to be 10 cm or more from the ceiling (4") and no further than 30 cm (12")



FIRES

If you have additional questions about fire extinguishers, smoke detectors or safety in a fire, consult your local fire department.



FLOODS

A flood can be caused by water elevation after continuous raining, which in turn can make a river or a stream overflow and flood the surrounding areas. A sudden flood of a dam, weir or a dike that has overflowed or broken during or after intense rains, or the formation of a tsunami, frequently takes people off guard.

Before a flood

You must know the elevation of your property in relation to near streams, rivers, lakes, channels of flood control, bays and other aqueducts.

Know the water level considered the state of flood in your area. Consult your public work department.

- Make advance plans of what you will do and where you will go to be safe if there is a threat of flash floods. Have a safe evacuation plan.
- Have at hand material like bags of sand, laminated wood, plastic and shovels.
- Install check valves in the building drains to prevent the flood water to come back to the sewers. If you do not have check valves, have big plugs that can be used to cover the showers.
- Keep a supply of food that requires little kitchen preparation and no refrigeration. It may be that electrical energy is interrupted.
- Take with you a portable radio, emergency kitchen equipment, lights and flashlight, all in good condition. Have first aid supplies at hand.
- Keep your car loaded with gasoline. If the light was to be cut off, it might be that the gas stations would be inoperative for several days.
- Fill the tank of your car with gasoline. Gas stations stop working when there are electrical faults.

When you receive a flood alert

Listen to the weather conditions through the radio and/or local television for possible instructions and reports of the progress of a flood emitted by the meteorological service or the institutions of public security.



FLOODS

- Stay alert to humid climate signals, either rain in your locality or strong rain in near localities, and other signals like thunder and lightning.
- Prepare yourself to get out of danger in the moment of notification.
- If you are in the street, beware of floods in underpasses, bridges and low areas.

If you are in a remote area or in a campsite, consider the following:

- **Stay away of stream beds and other channels of water-drainage during and after the rain showers.** The water reaches high elevations very fast.
- **Never camp in low areas.** A flash flood can catch you while you sleep.
- **Use your maps.** You must know your location and move to high areas. **Remember:** you must not be in the lower part of a hill, you can be target of the dangers of a flash flood.
- **Stay as informed as you can.** If you are outside the reach of radio information, make sure to be attentive of these indicators of sudden flood: an increase in the speed of the stream flow, a fast ascent of the river's level.

Prepare yourself to move to a safe place.

When warnings of flood are emitted or when a flood happens.

- Act fast to save your life and the ones of the people who depend on you. It may be that you only have seconds. Move to a safe area before the access becomes blocked by flood water.
- If you are forced to leave your property and time allows it, move some essential objects to safe ground, fill the storage and fuel tanks to prevent them from floating away and grease machinery so it will not move.
- Avoid driving in a flooded street and do not drive in water of unknown depth. If your vehicle gets stuck, leave it immediately and looks for higher ground. Rapid increasing water can take the vehicle and the people inside it away. Many lives have been lost by the attempts to move stuck vehicles.
- Do not let kids play in flood waters near sewers and storm drains or near streams and low areas that tend to flood.
- Do not try to cross a moving stream when the water reaches above your knees. The underwater currents can drag you.



FLOODS

- Avoid areas that tend to flash flood and be especially cautious at night when it becomes harder to recognize the dangers of flooding.
- Close the shut-off valve to block possibly contaminated water of your water heater, which can be a source of emergency water to drink. When you are out of immediate danger, tune your local radio and television channels for additional information while the conditions change and new reports are received.

After a flood

- Make sure the drinking water is not contaminated with flooded waters.
- Water wells must be pumped outward and the water must be checked before drinking it. Do not eat fresh food that has been in contact with flood waters.
- Do not handle nor operate electrical equipment in wet areas. Electrical equipment must be dried and reviewed before being used again. Report to the proper authorities failures in water pipes, electricity and gas.
- To check buildings, use battery lamps, never lanterns supplied with fuel nor torches, inflammable gases can be inside.
- Remain out of flooded areas. Your presence can obstruct rescue and other emergency operations.
- Report animal deaths to the health authorities for the proper dispositions.



EARTHQUAKES

The activity and movement of the ground during an earthquake are frightening, but are not themselves dangerous. The greatest danger is from objects that fall. As earthquakes hit suddenly and without warning, it is important that the population is aware and prepared.

Before an earthquake

- Places big and heavy objects in lower shelves; properly attach the shelves to the walls.
- Take out all the inflammable fuels like painting and cleaning products to the garage or outer shelves. Store them in appropriate containers. If possible, move the beds so that they are not underneath big windows.
- Make sure that your house and workplace have wide exits that will not be blocked by debris falling from above.
- Fix with screws the shelves, refrigerators, bookcases and other tall furniture to the wall. You can do it by means of hooks, angle brackets or braided wire.
- Install door latches in the cupboard doors. Those of child safety work very well.
- Fix with bolts the water heaters and other gas equipment or tie them to the nearest walls. Fires start from broken pipes of gas and equipment connections. Use flexible connectors whenever possible.
- Provide the knowledge to avoid injuries and panic during earthquakes to your family. Practice what you have learned carrying out drills periodically.
- Apply the same measures of precaution to your workplace. Make sure to let the appropriate people know of the equipment that can move or fall, chemical hazards and of emergency dampers difficult to reach.
- Have at hand a provision of food for 72 hours that includes water, medicine and other essential provisions.

During an earthquake

If you are in an interior, stay there. Get underneath a solid table or a writing-desk or hold on strongly underneath the frame of a door or a corner. Move to an inner hallway when possible. Choose a location that allows you to breathe air at the moment that the building could collapse around you.



EARTHQUAKES

Stay away from windows, bookcases, heavy mirrors, hanging plants and other heavy objects. Beware of the plaster that falls from the ceiling.

If you are outside, move to an open area far from cables and electricity posts, trees, walls and chimneys.

If you are in a sidewalk near buildings, shelter yourself within the framework of a door to protect yourself from bricks that fall, glass, plaster and other debris. In a store full of people or another public place, do not run to the exits. Move away from shelves that contain objects that could fall.

In a high building, shelter yourself underneath a writing-desk and move away from windows. Stay in the building on the same floor. Avoid using elevators as electricity could be cut off. Do not be astonished if the alarm systems and sprinklers turn on.

If you are in your car, pull over and stop the car. Do not park underneath bridges, viaducts or where there are cables overhead. Stay in your car until the tremor finishes. Remain in your car if the electrical cables have fallen upon your vehicle. Do not try to cross bridges or viaducts that can be damaged.

Immediately check if there are injuries, people trapped and disabled in your family, neighborhood or between your work colleagues. **Do not try to move a seriously hurt victim unless close to an immediate danger.**

After an earthquake

- Use resistant shoes for protection from debris and broken glass.
- Use a flashlight when looking for gas leaks or fire hazards.
- Do not strike a match. Do not use electrical switches or equipment if you are suspicious of gas leaks because the sparks can ignite with the gas of broken pipes.
- Check the electrical cables, gas, water, and review damaged equipment. If you smell gas or see a broken pipe, close the shut-off valve. If the services have been turned off or ill adjusted, make sure a qualified mechanic (plumber, electrical or services representative) rehabilitates the service. Turn off the light if you are suspicious of damages in the wiring.
- Immediately clean medicines that have been spilled, drugs or other potentially harmful materials.
- Never touch fallen cables or objects making contact with them.



EARTHQUAKES

- Check the water provisions. If there is no water, use the emergency water obtained from water heaters, toilet tanks, melted ice cubes and canned food or vegetables. Do not drink the water from toilet tanks if a disinfectant chemical has been placed in the water.
- Check to know if the drainage piping is intact before flushing the toilet.
- Do not use your telephones except for emergency calls.
- Turn on your battery radio (or your car radio) for news of damages and information. Do not spread rumors.
- Check the closets and the areas of storage shelves, carefully open the doors and watch out for objects that fall.
- Use outside grills, camping stoves, fondue pots or the chimney to cook. However, check the chimney to see if it has cracks or is damaged before using it.
- Lock up the mascots of the house if the walls and fences have fallen.
- Notify your "contact" of outside the city about your situation via mail if another type of communication is not available. When the telephones are available, call your contact.
- Do not use your vehicle unless there is an emergency. Do not go see the streets and places in your surroundings.
- Prepare for the recurrences. Be extremely cautious when entering damaged buildings since the recurrences can demolish them.
- Cooperate with the efforts of public safety. Do not enter damaged areas unless requested you to do so. Keep the streets free for the passage of emergency vehicles.

If you have to evacuate

Place a message in a visible place in which you point out your location. List reunion points in case of separation. This can be: with neighbors, friends, family, community center or school, refuge of the Red Cross.

Take with you: first aid kit, money, important papers, food, sleeping bag or blankets, extra clothes and water.



RESPIRATORY ARREST

Check if there is any response from the victim. Does the victim answer?

- Tap the victim lightly or gently shake him/her. (Fig. 2)
- Ask: "are you ok?" (Fig. 3)
- Yell: "Help" if the victim does not answer.

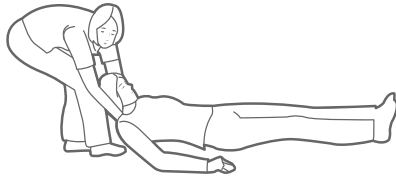


FIG. 1

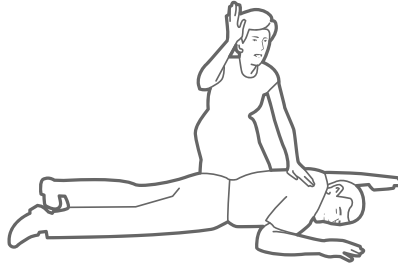


FIG. 2



FIG. 3

- Open the victim's airway.
- Lift chin with two fingers while tilting head backward. (Fig. 4)
- Place the hand you have nearest in the victim's forehead. (Fig. 5)



FIG. 4



FIG. 5

Check if there is suffocation. Is the victim breathing?

- Clear airway and verify that it remains open.
- Place your ear over the nose and mouth of the victim. (Fig. 5)
- Observe the chest, listen and feel if the victim is breathing for 3 to 5 seconds.

Blow two complete breaths

- Keep airway open.
- Close nose with your index finger and thumb.
- Press your lips around the victim's mouth to cover it completely.
- Give the victim two breathes, each one must last 1 to 1.5 seconds. Pause between each inhalation so you can take a breath. (Fig. 6)
- Check if chest rises and falls. Listen and feel if the air is escaping.



RESPIRATORY ARREST

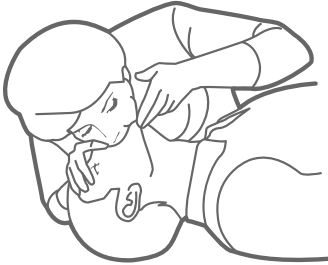


FIG. 6



FIG. 7

Check carotid pulse

- Maintain the victims head tilted with a hand on his/her forehead.
- Find the Adam's apple with your middle and index finger.
- Slide your fingers down in the front side of the neck. Feel the carotid pulse 5 to 10 seconds.
- Give the victim artificial respiration if he/she has a pulse but is not breathing- in adults, a blow every 5 seconds. (Fig. 7)

Call emergency medical services to ask for help.

Ask a person to call for an ambulance and make sure she/he returns and confirms that the ambulance is on its way. Remember that 066 is the emergency number.

Artificial respiration

- Repeat rhythmically the blowing cycle, once every five (5) seconds or twelve (12) times per minute.
- Check if the chest rises and falls. Listen and feel if the air is escaping and returning in the breathing.



RESPIRATORY ARREST - BABY

Open the baby's airway immediately with the technique of tilting head/raising chin. This is the most important action you can take to help your baby survive.

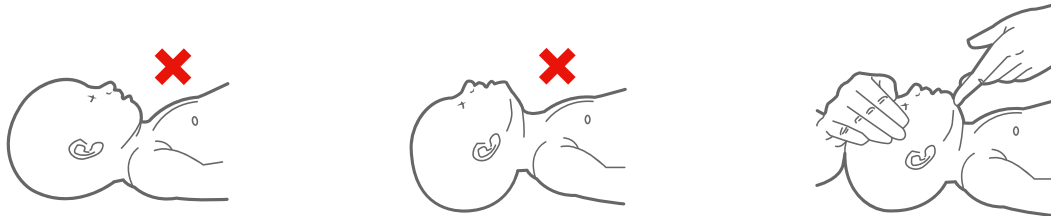


FIG. 1

- Position yourself next to the infant.
- Place the hand you have nearer in his/her forehead.
- Place a finger –other than the thumb- of your other hand below the jaw bone in the chin. **(Fig. 1)**
- Tilt head backward in a neutral position when applying pressure on forehead and when raising chin.
- Do not close the baby's mouth completely.
- Do not press inward the soft part below the chin.
- Cover and seal the baby's mouth and nose with your mouth and blow air shallowly one every three (3) seconds, or twenty (20) times per minute.



BLEEDING - HEMORRHAGE

Spasm or shock and the loss of consciousness can occur from an accelerated loss of only two liters of blood. Seeing as it is possible to die by bleeding in a really small amount of time, first aid actions have to be taken immediately.

- The best way to control the bleeding is by applying **direct pressure** over the place of the wound. Use a clean cloth, diaper or sanitary pad if at hand or use your hand only if not. Remember, apply **firm pressure**. Do not look under the cloth or protection to see if bleeding has stopped. Almost all types of bleeding will stop after some minutes. Raise wound over the heart level and continue applying direct pressure. (Fig. 2)
- Apply pressure over the principal artery if abundant bleeding continues. (Fig. 3)



FIG. 2

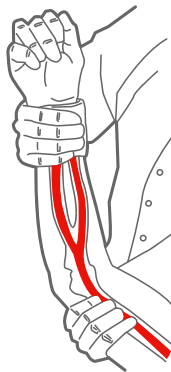


FIG. 3



FRACTURES

If you suspect a fracture, do not try to straighten it.

- The splinting materials must be rigid with a padding filling. You can use rolled magazines or newspaper as good splinting substitutes. They can be secured with strips of clothing, belts, a thin cord or a necktie. It is important to splint in 3 points: (1) in the fracture area, (2) in the joint above the fracture, and (3) in the joint below the fracture. (Fig. 4)

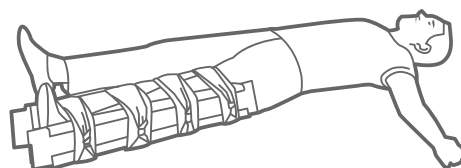


FIG. 4



POISONING

In a poison emergency you must take the containers of whatever was eaten or drunk with you to the phone. Call the emergency medical services and follow their instructions. Care for a shock state and check breathing frequently. **DO NOT give the person anything to eat or drink unless instructed to do so by a medical professional.**

- Make sure to keep the container and vomit for the emergency medical services. This will help them to identify the poison and provide the appropriate treatment.

Prepare for emergencies caused by poisoning

- Keep the emergency medical services number near each telephone. Fill the list of emergency numbers and place a copy in each telephone. The number of the Emergency Response Center for your community is **066**.
- Keep some activated carbon close. Use only when directed by the Emergency Response Center or other medical professionals.



BURNS

Burns are usually classified depending the depth of the damage in the skin.

Classification	Description	First Aid
First degree	There is reddened or discolored skin, slight swelling and stinging.	First or second degree with closed blisters: - Dampen with cold water until pain diminishes. - Place a loose damp cloth and sterile dressing.
Second degree	The skin is red or spotted in appearance; blisters, pain, swelling and/or a wet appearance in the surface areas of the skin.	- Care for shock state Second degree with open blisters or third degree: - Place a loose damp cloth and sterile dressing.
Third degree	Deep destruction of the tissues with a white or black appearance.	- Care for shock of state



BURNS BY ELECTRICITY

Electrocution can happen due to cables that fall during a disaster. Do not try to touch the victim until ensuring that the electrical current is off, otherwise you could suffer an electrical injury.

If the victim is still in contact with moving cables, turn off the current if it is possible. If not, use a dry wooden stick to move the cables away from the victim. Always assume that the fallen cables are “alive” and be extremely cautious.

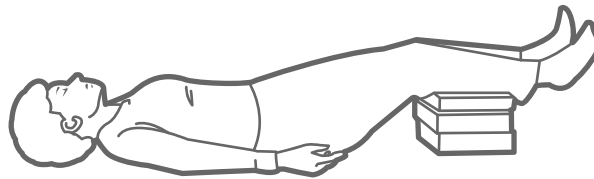
Provide artificial respiration and provide treatment to burns and shock according to what is needed.

Shock

You must always look after the wounded person that has fallen in a state of shock. Shock might endanger life even if the wounds of the victim are not lethal. Shock can be present even without the visible evidence of injury. Put the victim in a horizontal position to help improve circulation. **The exact position depends on the injuries of the victim.**

■ **When taking care of a person in a state of shock, follow the appropriate procedures for the situation:**

If you do not suspect any head or neck injuries, or fractures in the legs, lay the victim on his/her back and elevate their feet and legs to 20-30 cm (7-12”) of the floor, using objects available like blankets, pieces of wood, boxes or books.



Position normally used in case of shock

- If you suspect that the victim has head or neck injury, keep him/her lying down in an erect form and wait for the emergency medical service. **Do not move the victim unless there is immediate danger due to extreme threats like fire, toxic gases, heavy traffic, electrical cables, deep water or water in movement.** If you must move the victim, try to not bend or twist the body. If you have doubts about the injuries of the victim, keep him/her lying down.



Position for a state of shock: when a head or neck injury is suspected.



CHOKING

Conscious Victim

A person with a completely blocked airway cannot breathe, cough or speak.

- Ask: "can you talk?" if there is no answer the victim's airway is completely blocked. Deliver four blows to the back of the victim between the shoulder blades. If possible, the head should be lower than the chest. (Fig. 1)
- If this procedure does not work, stand behind the victim, place your arms around the victim's middle abdomen placing your fist, thumb side in, just above the person's navel and grab your fist tightly with your other hand. Press into the victim's abdomen, thrusting upward and lifting the victim off the floor in four (4) movements. (Fig. 2).
- If the four blows and four abdomen thrusts do not work, repeat the sequence. **Do not give up!**



FIG. 1



FIG. 2

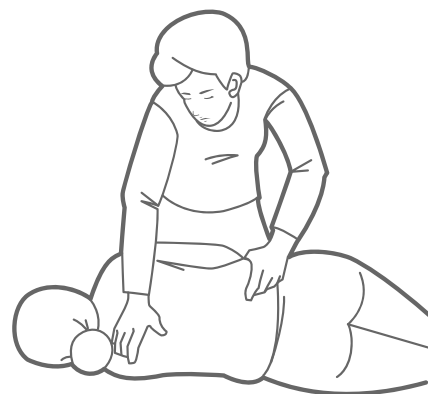


FIG.3

..... Conscious Victim

..... Unconscious Victim

Unconscious victim

- If you have tilted backward the victim's head and have tried to make him breathe but have not obtained the exchange of air and if there is no visible strange object in his/her mouth, turn the victim over on his/her side and deliver four (4) blows between the shoulder blades. (Fig. 3).
- Lay the victim on its back and give four (4) upward thrusts placing the heel of your hand between his/her ribcage and bellybutton.
- Clean with your fingers the victim's mouth and try to give artificial breathing again. Repeat the sequence until you are successful.



HEART ATTACK

Symptoms

Los tres principales síntomas son:

- Sharp pain in the chest, upper abdomen or lower part of the arm and shoulder.
- Extreme lack of air.
- Pulse and breathing absence in an unconscious person.

First Aid

- If the victim is conscious, place the victim in a comfortable position, - usually seating down-. Ask for help at 066 and provide the prescription medicine, if any. Stay with the victim until medical help arrives.
- If the victim is not breathing, or stops breathing, place him/her in a position in which you can give artificial breathing. If there is no pulse, apply CPR (cardiopulmonary resuscitation). (Fig. 4)

Call to request medical help. **Do not give medications to an unconscious victim.**



FIG.4



EXHAUSTION BY HEAT AND HEAT ATTACK

Reactions to heat can happen during periods of prolonged high temperatures. The situation can become even more complicated if the heat is accompanied by high humidity or lack of electricity, causing air-conditioners or ventilators to not function. Harmful effects happen when the body is overheated and it cannot eliminate the excess of heat.

Elderly people, young children, the chronically disabled, alcoholic and overweight people are particularly susceptible to the heat, especially when there are heat waves.

A heat attack is always a serious risk to life. Exhaustion by heat is a less severe condition.

Exhaustion by heat

Symptoms: a seemingly normal temperature of the body, pale and sticky skin, abundant sweating, fatigue, weakness, headaches. It can also cause cramps, nausea, dizziness, vomit and fainting.

First Aid

- Provide small sips of water – if victim is conscious.
- Loosen his/her clothes.
- Apply fresh damp cloths to the victim and bring a ventilator near him//her.

Heat stroke

Symptoms: high temperature in the body, can be up to 41°C (106°F) or higher, hot, red and dry skin (sweat mechanism is blocked), the pulse is fast and strong, victim may be unconscious.

First aid

- Cool the victim quickly but avoid extreme cooling once the temperature has been reduced to less than 38.8°C (102°F).
- Undress the victim and constantly apply cold water compresses with a sponge directly onto the naked skin; or place the victim in a bathtub filled with cold water, (not extremely cold) until temperature has gone down enough.
- Use ventilators or air conditioning.
- Do not apply stimulants.



EXTENDED EXPOSURE TO COLD OR FROSTBITE BURNS

If you must go outside in temperatures of extremely cold air, limit the time of exposure as much as possible. Continue moving in the cold air and exercising the fingers of your hands and feet if necessary, but avoid overexertion. The use of suitable protective clothing is the most important thing if you must be outside at very low temperatures.

Exposure to the cold

Symptoms: chills, numbness, low temperature of the body, drowsiness and noticeable muscular weakness.

First aid

- Apply artificial respiration if necessary.
- Transfer the victim to a warm room as soon as possible.
- Remove the wet or frozen clothes.
- Return heat to the victim covering him/her with warm blankets or placing him/her in a bathtub with lukewarm water (not hot).
- Provide hot liquids to the victim, they must not be alcoholic or caffeine-free.
- Completely dry the victim to warm him/her up again if water was used.
- Carry out appropriate procedures for frostbite burns.

Burn by freezing

This type of burn is the most common wound that happens from prolonged exposure to cold elements. The area of the burn is usually small. The areas most commonly affected are: nose, cheeks, ears, fingers of hands and feet.

First aid

- Cover the frozen area.
- Provide extra clothes and blankets.
- Remove the wet or frozen clothes.
- Transfer the victim to a warm room as soon as possible.
- Provide a hot drink for the victim.
- Quickly warm the frozen part submerging it in lukewarm water (not hot): test on the internal surface of your forearm.
- If there is no lukewarm water available, gently cover the affected area in a sheet and warm blankets.
- Raise the burned areas.
- Do not rub the affected area, you can cause gangrene.



EXTENDED EXPOSURE TO COLD OR FROSTBITE BURNS

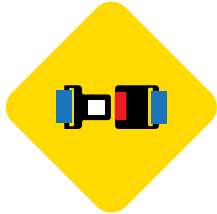
- Do not apply heat lamps or hot water bottles.
- Cease to apply heat once the affected area begins to redden.
- Make the victim exercise the affected area once it has thawed.
- Get medical help as soon as possible.

Cuida + tu vida

- - - - - *Commandments for road safety* - - - - -

Cuida + tu vida

'Respect commandments for road safety and help us prevent accidents'



BUCKLE YOUR SEAT BELT

- ◆ All passengers are your responsibility.



RESPECT THE DRIVING CODE

- ◆ Rules are made to protect us and are to be followed by everybody.



RESPECT THE SPEED LIMIT

- ◆ Material things are replaceable, life is not.



DRIVE SOBER

- ◆ If you are drunk or under the influence of drugs you will be a danger at the steering wheel.



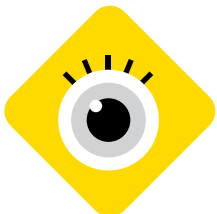
USE HELMET

- ◆ While using a bike or motorcycle, it can save your life.



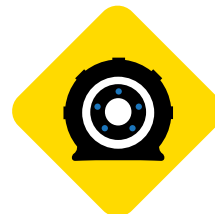
CONCENTRATE

- ◆ Getting distracted while driving is dangerous.



DRIVE WELL RESTED

- ◆ Better late than never.



GIVE PERIODIC MAINTENANCE TO YOUR CAR

- ◆ You will drive safer.



PROTECT THE KIDS

- ◆ Place kids in the appropriate car seats.



BE COURTEOUS

- ◆ Respect others.

CONTACT INFORMATION

FOR EMERGENCIES
CALL #066



EMERGENCY NUMBER

■ For more information

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"Let's all be brothers and sisters"

