

BROKEN BONES



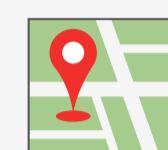
CALL EMERGENCY SERVICES

1



CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E



LOCATION



INJURY



FIRST AID
GIVEN



EQUIPMENT USED

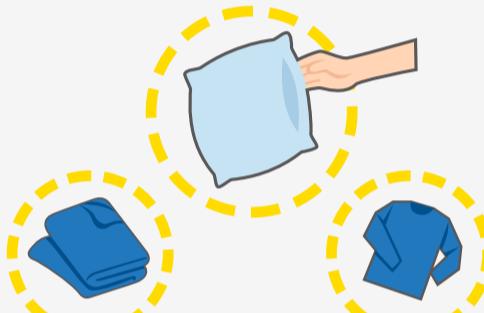
SHARE ABOVE INFORMATION WHEN
SPEAKING TO EMERGENCY SERVICES

DON'T MOVE INJURED AREA

2



DON'T MOVE INJURED AREA
UNLESS ABSOLUTELY NECESSARY



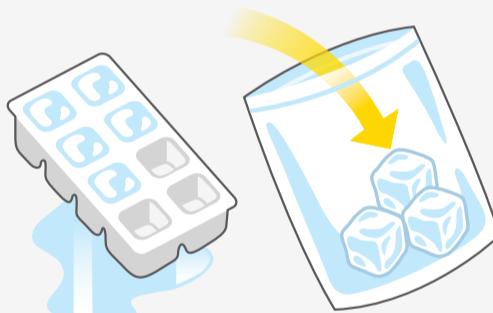
GRAB SOFT ITEM TO HELP KEEP
THE INJURY STILL AND SUPPORTED



CAREFULLY PLACE UNDER THE
BROKEN AREA TO AVOID MOVEMENT

APPLY ICE PACKS

3



PLACE ICE IN BAG



WRAP BAG IN CLOTH



APPLY AROUND INJURY NOT ON IT

KEEP THEM CALM

4



LIE THEM DOWN COMFORTABLY



KEEP THEM WARM



WAIT FOR HELP TO ARRIVE



COOL AFFECTED AREA

1

10 min



PLACE UNDER COOL RUNNING WATER
FOR 10 MINUTES



DON'T USE ICE OR ICE WATER

COVER IN CLING FILM OR PLASTIC BAG

2



PROTECT BURN WITH CLING FILM



DON'T BURST BLISTERS



IF SEVERE SEEK MEDICAL ATTENTION
IMMEDIATELY

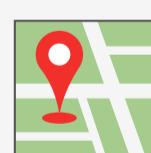
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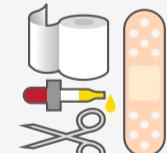
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APPLY 5 & 5

2

5 BACK BLOWS



LEAN PERSON FORWARD



SUPPORT THE CHEST

x5

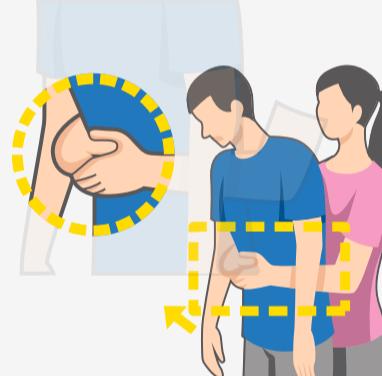


GIVE 5 QUICK BLOWS WITH HEEL OF HAND
CHECK TO SEE IF BLOCKAGE IS RELIEVED

5 INWARD &
UPWARD
THRUSTS



LEAN PERSON FORWARD



WRAP ARMS AROUND WAIST
MAKE A FIST AND GRAB IT

x5



GIVE 5 QUICK INWARD AND
UPWARD THRSTS

REPEAT UNTIL CLEARED

3



5 BACK BLOWS



5 INWARD AND UPWARD THRSTS



WAIT FOR HELP TO ARRIVE

REMEMBER IF THE PATIENT FALLS UNCONSCIOUS START CPR





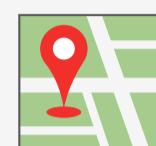
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CHECK RESPONSIVENESS

2



LAY PERSON ON BACK



TISS HEAD AND CHECK FOR BREATH



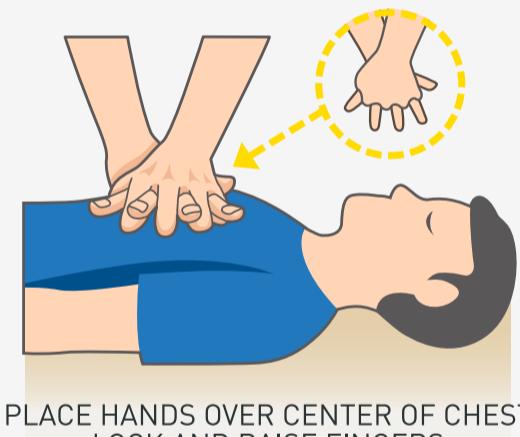
LOOK FOR CHEST TO RISE AND FALL

CPR POSITION

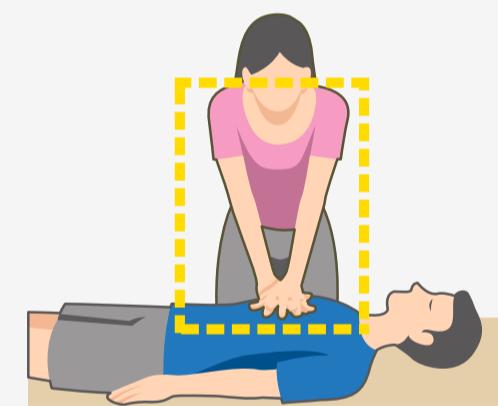
3



KNEEL NEXT TO PERSON



PLACE HANDS OVER CENTER OF CHEST
LOCK AND RAISE FINGERS



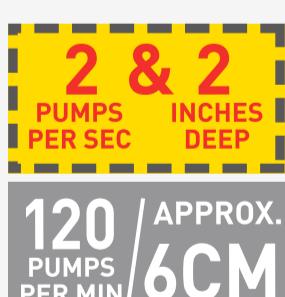
LOCK ELBOWS & POSITION SHOULDERS
OVER CENTER OF CHEST

APPLY 2 & 2

4



APPLY 2 PUMPS A SECOND (120 PUMPS PER MIN);
2 INCHES DEEP (APPROX. 6CM)



FOR CHILDREN APPLY THE SAME
PROCEDURE USING 1 HAND

DON'T PERFORM MOUTH-TO-MOUTH
UNLESS TRAINED



IF TRAINED, REMEMBER IT'S 30 CHEST
COMPRESSIONS FOLLOWED BY 2 BREATHS



IF AED IS AVAILABLE, USE EQUIPMENT AND FOLLOW INSTRUCTIONS

BROUGHT TO YOU BY:



SAFESTEPS.COM

IN PARTNERSHIP WITH:



International Federation
of Red Cross and Red Crescent Societies





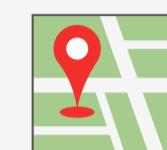
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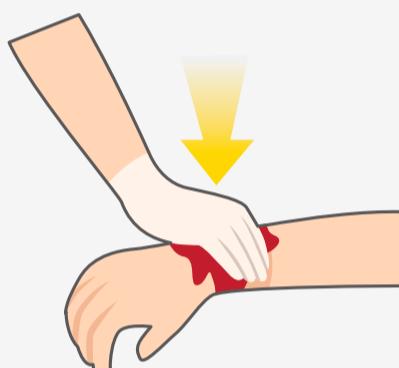
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APPLY PRESSURE

2



PROTECT HANDS WITH GLOVES OR PLASTIC BAG



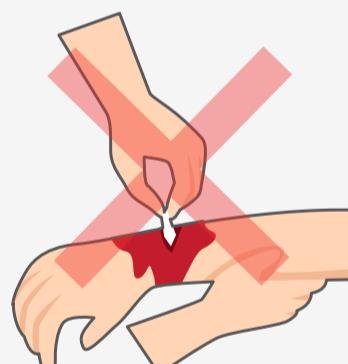
APPLY PRESSURE DIRECTLY TO INJURY



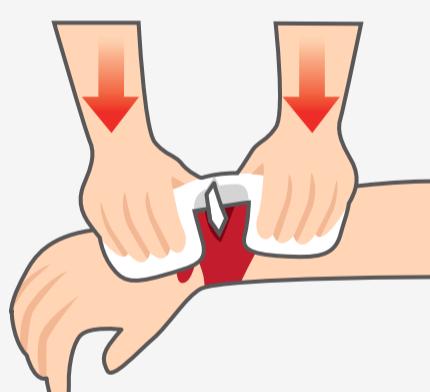
WHEN BLEEDING IS CONTROLLED, WRAP

DON'T REMOVE OBJECTS

3



DON'T REMOVE EMBEDDED OBJECTS



APPLY PRESSURE AROUND THE INJURY

RAISE & KEEP WARM

4



RAISE INJURY ABOVE HEART TO SLOW BLOOD FLOW



KEEP WARM



WAIT FOR HELP TO ARRIVE

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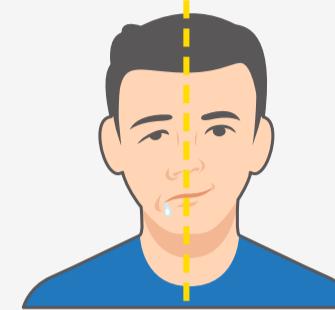


THINK F.A.S.T

FACE



ASK PERSON TO SMILE

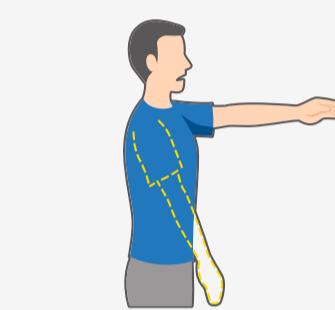


ARE THERE ANY SIGNS OF DROOPING?

ARMS



ASK PERSON TO RAISE BOTH ARMS

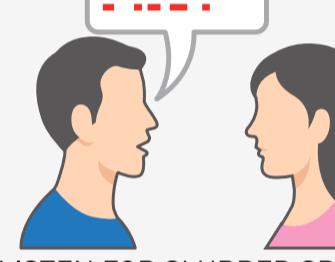


ARE THEY EXPERIENCING NUMBNESS,
LOSS OF STRENGTH OR PARALYSIS?

SPEECH



ASK PERSON TO REPEAT A SIMPLE PHRASE



LISTEN FOR SLURRED SPEECH
AND CONFUSED SENTENCES

TIME



TIME IS OF THE ESSENCE



IF YOU SEE ANY OF THE ABOVE SIGNS
CALL THE EMERGENCY SERVICES

GIVE L.I.F.E

2



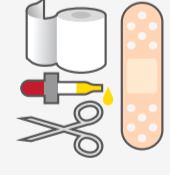
LOCATION



INJURY



FIRST AID EQUIPMENT
GIVEN



EQUIPMENT
USED

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LIE PERSON DOWN IN A COMFORTABLE POSITION
AND WAIT FOR HELP TO ARRIVE

SAFE STEPS

NATURAL DISASTERS

EMERGENCY KIT



The key to surviving a natural disaster is preparation. Fail to prepare, prepare to fail. Gear up for anything mother nature can throw at you by ensuring you always have the following items prepared:

- ▶ WATER, FOOD, FIRST AID KIT, SOAP
- ▶ CLOTHING
- ▶ TORCH, RADIO, MOBILE PHONE
- ▶ IMPORTANT PAPERS
- ▶ MONEY



TYPHOON



EARTHQUAKE



FIRE



FLOOD



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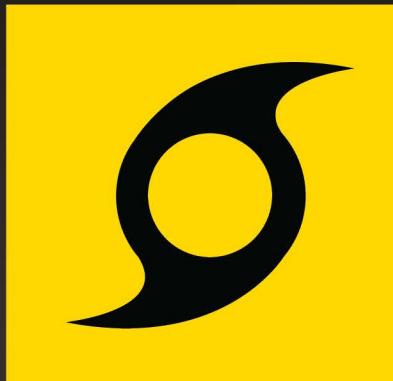
BE PREPARED...

PACK IN A LIGHTWEIGHT, WATERPROOF GO-BAG THE FOLLOWING:	WATER AND REHYDRATION SACHETS	HIGH-ENERGY FOOD	FIRST AID SUPPLIES
EMERGENCY BLANKET	A CHANGE OF CLOTHES	WATERPROOF RAIN COAT	STURDY SHOES AND WORK GLOVES
FULLY CHARGED MOBILE OR PORTABLE RADIO	TORCH OR PORTABLE LAMP AND BATTERIES	MULTIPURPOSE POCKET KNIFE TOOL	MATCHES
A WHISTLE TO ATTRACT ATTENTION	PERSONAL TOILETRIES FOR HYGIENE	EMERGENCY AND VITAL RECORDS IN WATERPROOF BAG	CASH

SAFE STEPS

NATURAL DISASTERS

TYPHOON



Tropical typhoons are a fierce combination of powerful rotational winds and torrential rainfall. These storms can be dangerous and can cause huge waves that result in floods both in coastal and inland areas. The key to getting through a typhoon safely is preparation.

Make sure you are calm before the storm by following these SAFE STEPS:

- ▶ EVACUATE
- ▶ CLEAN UP
- ▶ TAKE SHELTER



EMERGENCY KIT



EARTHQUAKE



FIRE



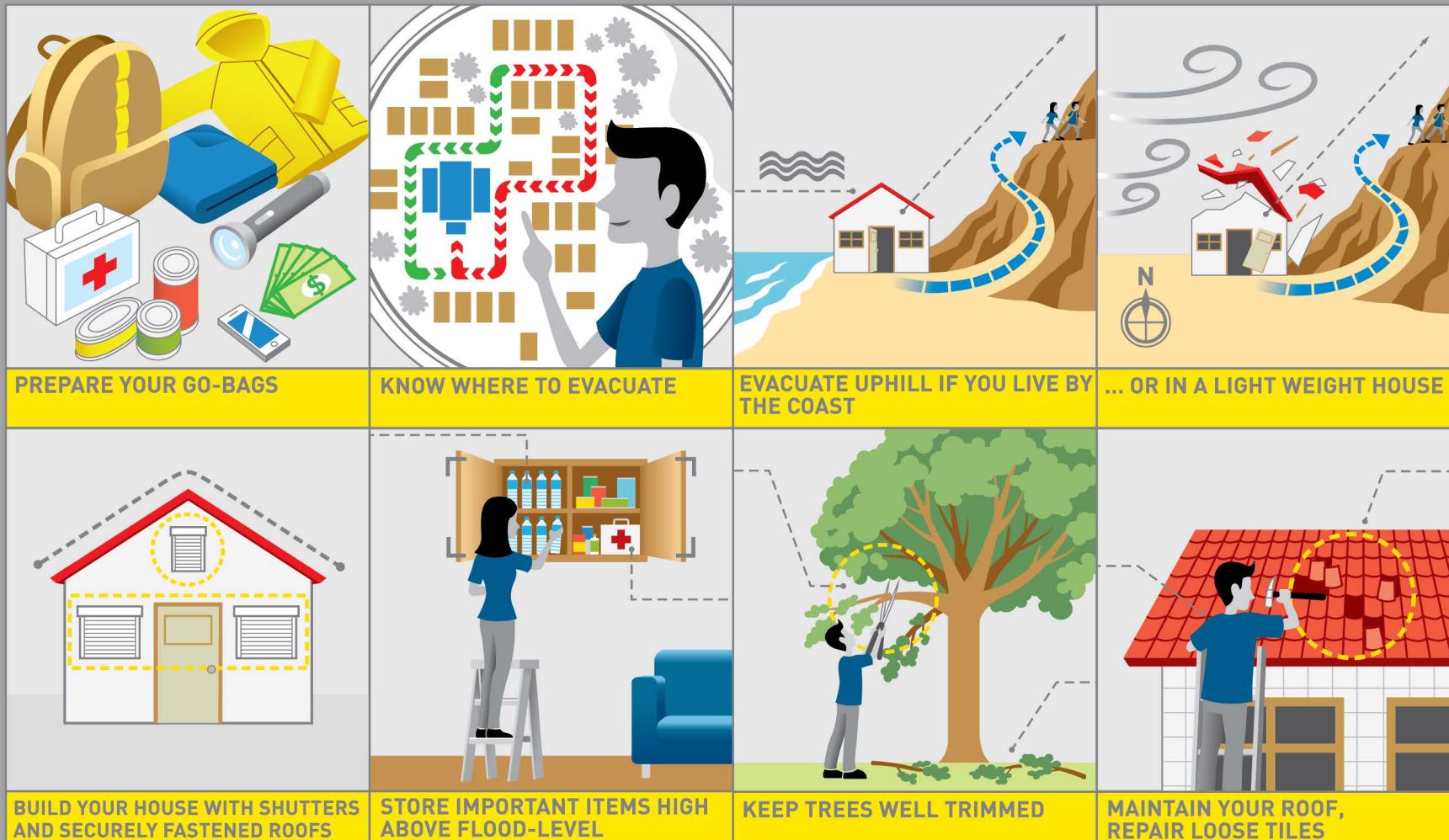
FLOOD



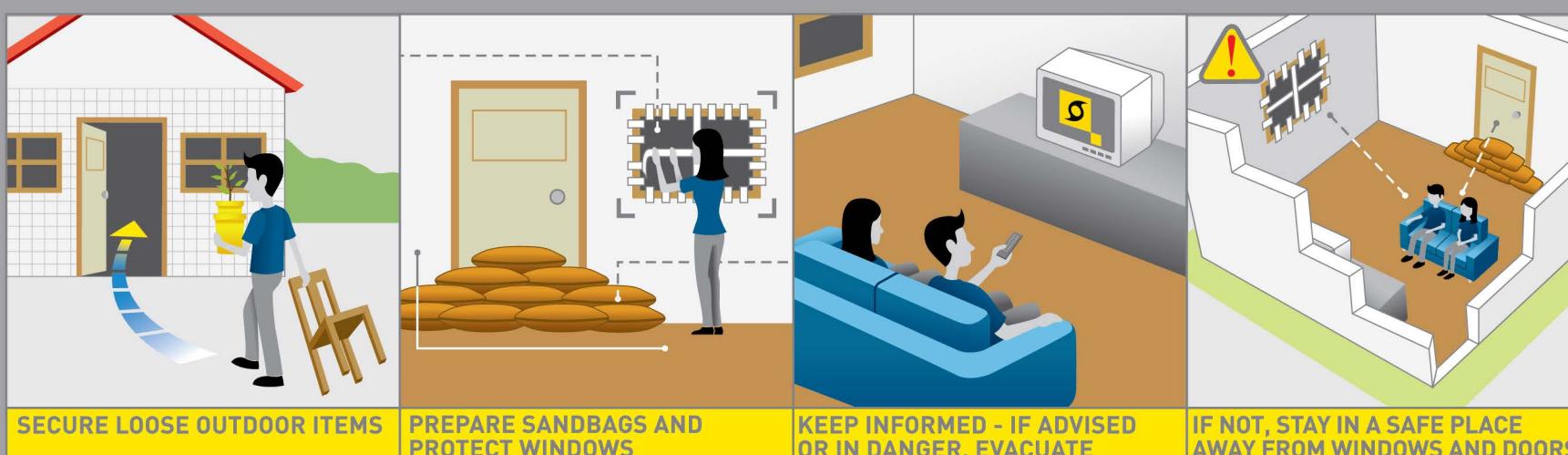
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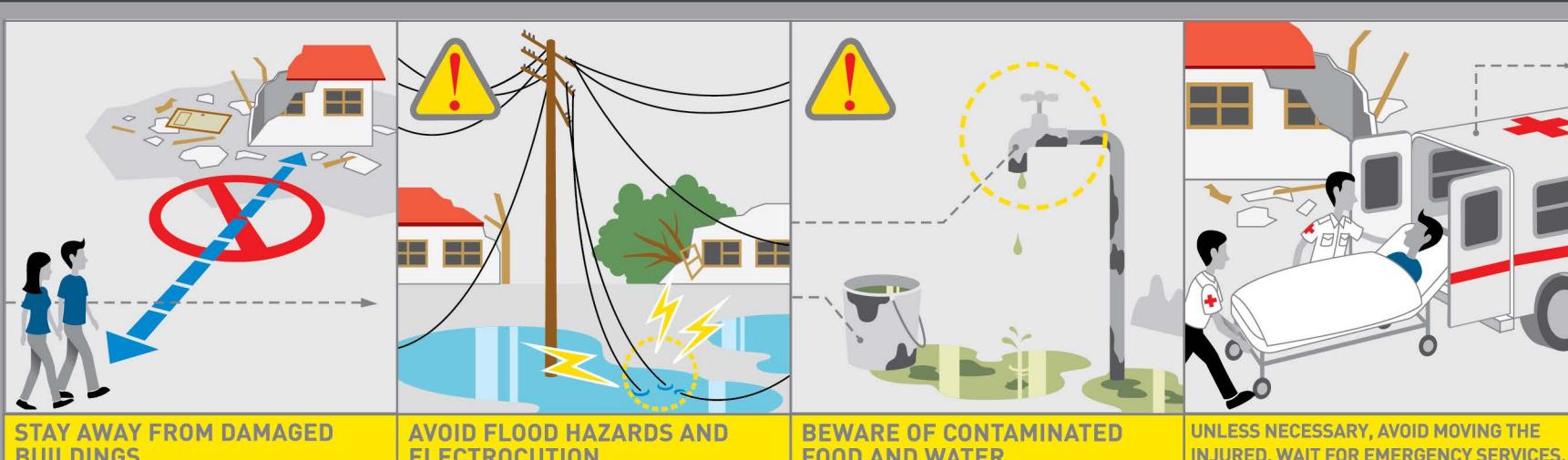
BE PREPARED...



DURING...



AFTER...



SAFE STEPS

NATURAL DISASTERS

EARTHQUAKE



Earthquakes can be deadly. The shaking during an earthquake causes buildings to collapse and can lead to other hazards, such as fires, tsunamis, flooding and landslides.

For your best chance of coming out of an earthquake unshaken, follow these SAFE STEPS:

- ▶ SECURE OBJECTS
- ▶ DROP COVER HOLD
- ▶ DON'T USE ELEVATORS



TYPHOON



EMERGENCY KIT



FIRE



FLOOD



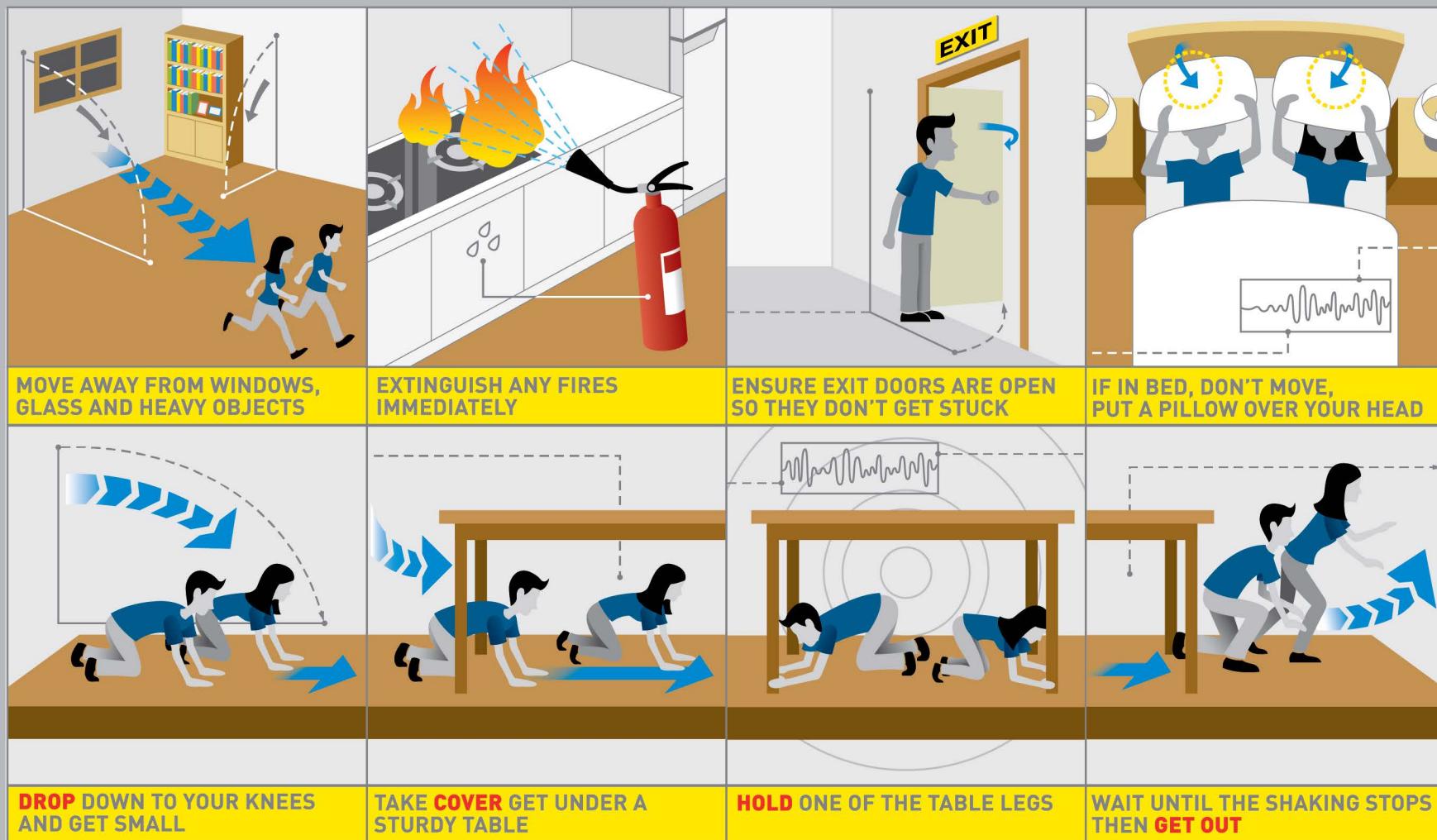
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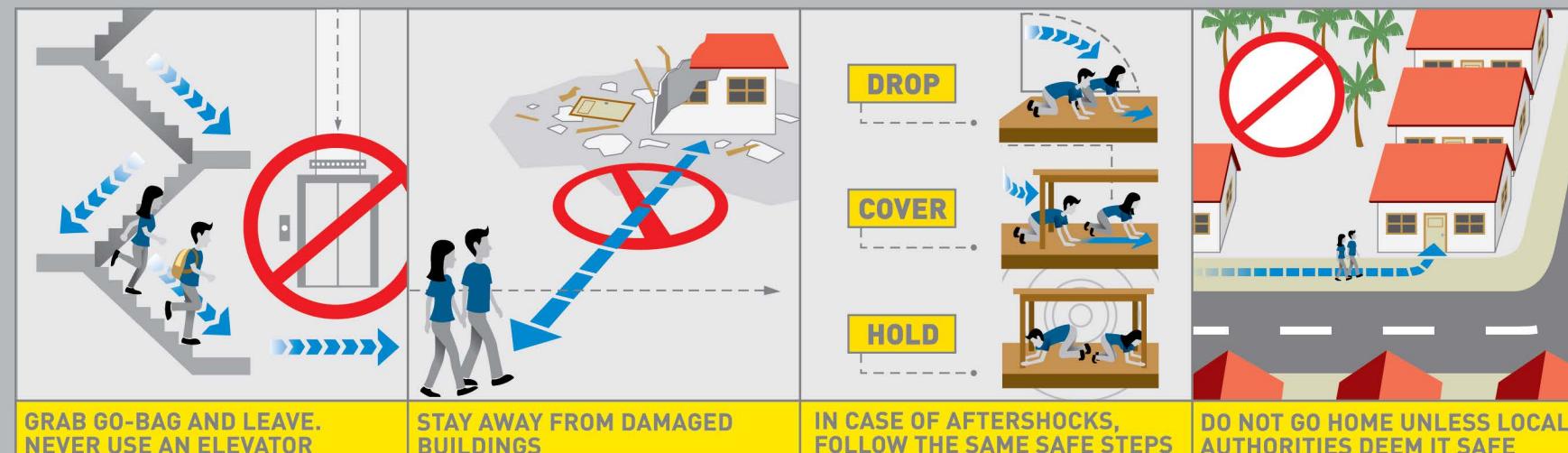
BE PREPARED...



IF YOU FEEL SHAKING...



AFTER...



SAFE STEPS

NATURAL DISASTERS

FLOOD



Flooding is a danger to both you and your home. In many lowland areas flash floods can appear from nowhere.

To ensure you stay above water, follow these SAFE STEPS:

- ▶ TURN OFF UTILITIES
- ▶ EVACUATE
- ▶ MOVE HIGHER
- ▶ AVOID FLOWING WATER



TYPHOON



EMERGENCY KIT



EARTHQUAKE



FIRE



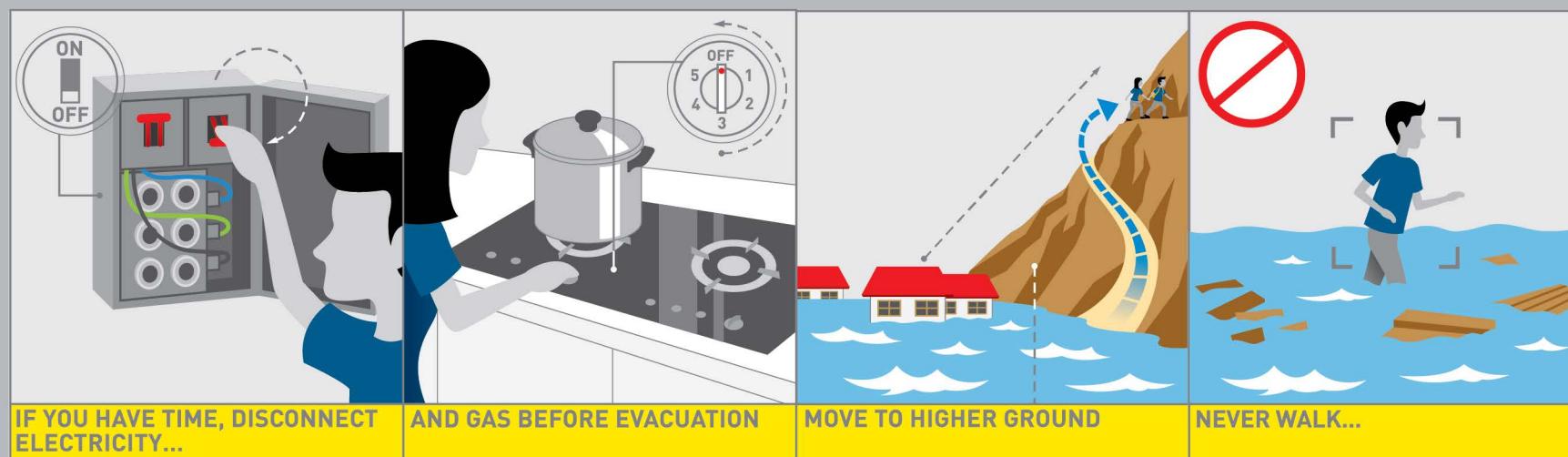
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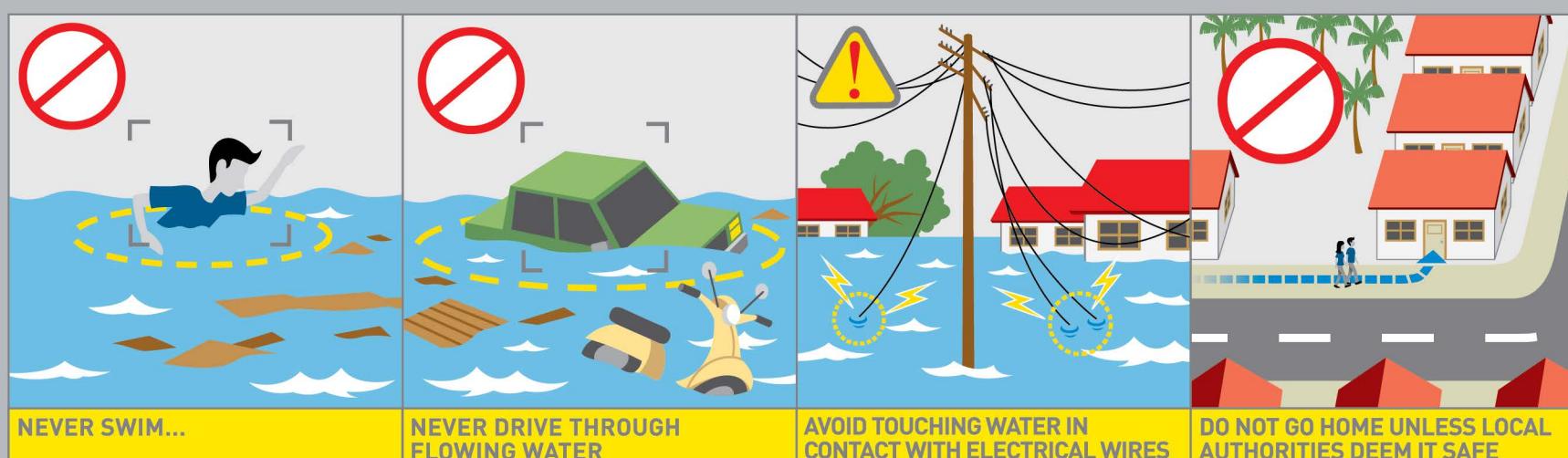
BE PREPARED...



WHEN THERE IS A FLOOD WARNING...



AFTER...



SAFE STEPS

NATURAL DISASTERS

FIRE



A fire is both frightening and destructive. Fires are a danger to buildings and residents in equal measure. Keep your cool in the event of a fire by following these SAFE STEPS:

- ▶ PUT OUT FIRE
- ▶ STOP, DROP AND ROLL
- ▶ IF SMOKE - GET DOWN
- ▶ GET OUT - SOUND ALARM



TYPHOON



EMERGENCY KIT



EARTHQUAKE



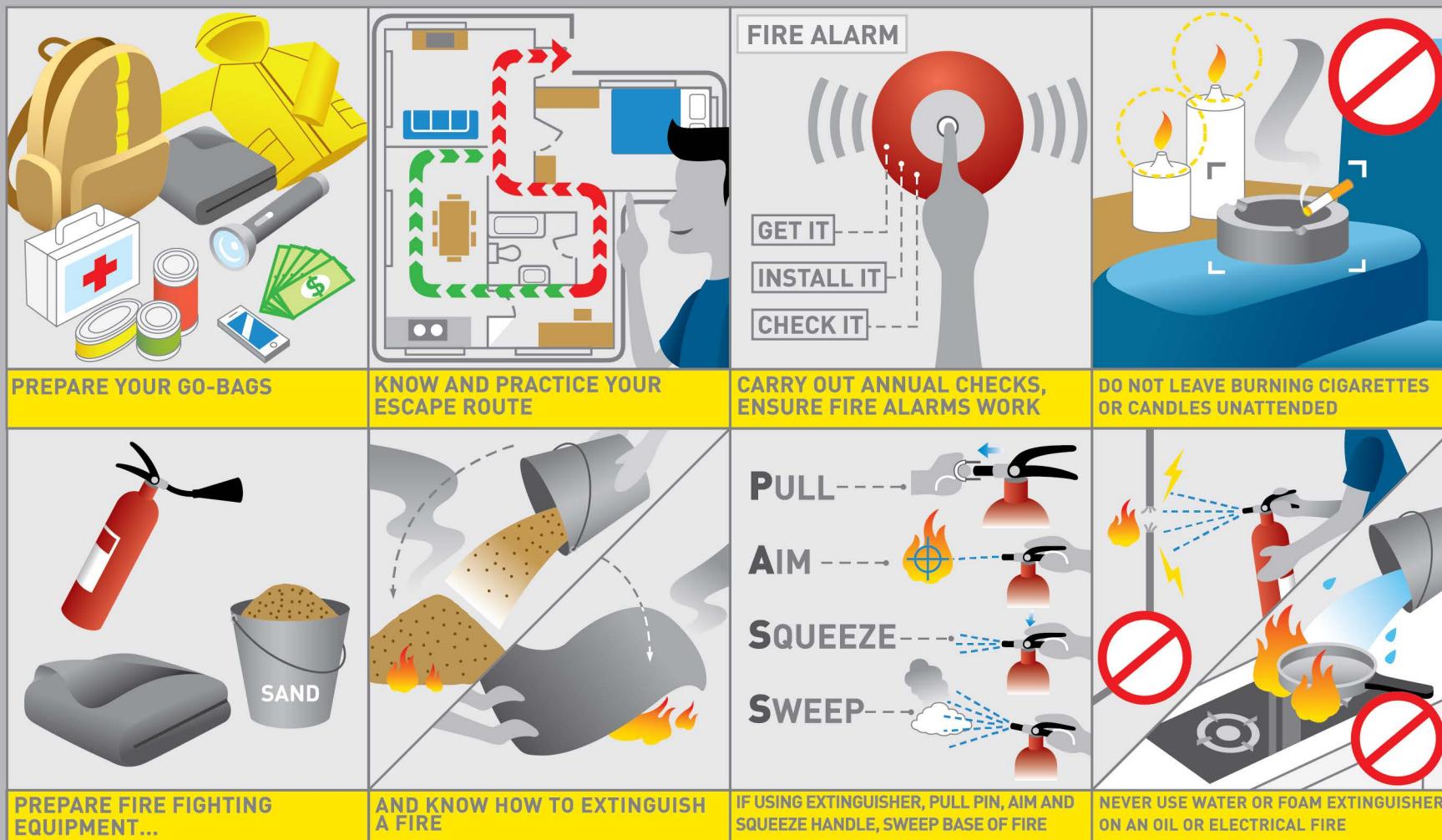
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BE PREPARED...



IN CASE OF FIRE...

