

# Basic First Aid in Filipino Sign Language (FSL)

## Introduction

This guide provides basic first aid instructions alongside FSL signs for emergency communication. Always call for professional medical help (911 or your local emergency line) first when possible.

## Calling for Help

- FSL sign for HELP: Open hand, thumb up, palm facing out, lift upward.
- FSL sign for PAIN: Tap both index fingers together (or point to the location of pain).
- FSL sign for DOCTOR: "D" handshape tapped on wrist (like checking pulse).
- FSL sign for HOSPITAL: "H" handshape, draw a cross on upper arm.
- Show the Silent Signal SOS screen to bystanders if you cannot speak.

## Basic First Aid Steps

### Bleeding

- Apply firm, steady pressure with a clean cloth or bandage.
- Keep pressure for at least 10 minutes without lifting.
- Elevate the injured limb above heart level if possible.
- Do NOT remove a deeply embedded object — stabilize it.

### Burns

- Cool the burn under cool (not cold) running water for at least 10 minutes.
- Do not apply ice, butter, or toothpaste.
- Cover with a clean, non-fluffy dressing.

### Choking (Adult/Child)

- Ask the person "Are you choking?" — they may signal YES or point to throat.
- Encourage forceful coughing if they can cough.
- Give 5 back blows between the shoulder blades.
- Give 5 abdominal thrusts (Heimlich maneuver).
- Repeat until the object is cleared or help arrives.

### Unconscious Person

- Check for response: tap shoulders, look for chest movement.
- Call 911 or direct someone else to call.
- If not breathing normally, begin CPR: 30 chest compressions + 2 rescue breaths.
- Continue until emergency services arrive.

## FSL Medical Signs

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- PAIN — Both index fingers tapped together.
- BREATHE — Hands on chest, move outward (like breathing).
- HEARTBEAT — Fist on chest, tap twice.
- BLOOD — Index finger on lips, move downward (red).
- DIZZY — Index finger pointing at temple, rotate in circle.
- ALLERGIC — Claw hand on arm, move upward (like hives).