

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

- 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).