



## **TALGEST: A Multimedia Educational Website Showcasing Volcanic Awareness and Preparedness**



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# First Aid Kits



A First aid kit should include the following:

- Hot bag
- Cold Bag
- Micropore Adhesive
- Cotton Applicator
- Band Aids
- Gauze
- Tongue Depressor
- Thermometer
- Bandage
- Scissors
- Cotton Balls
- Alcohol
- Betadine
- Facemasks
- Triangular Bandages
- Medicine Dropper





# How to treat burn and trauma related injuries

## First Degree Burns



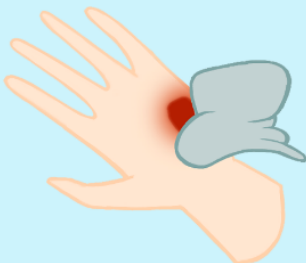
- (1) You must immediately cool the burn under cold running water until the pain subsides. This will reduce pain, swelling and future scarring.
- (2) Cover the burn with a sterile non - adhesive bandage or a clean cloth.
- (3) Make sure not to apply ointments or butter to the burn as it can cause infections.
- (4) Over the counter, medication can be used to relieve pain and reduce inflammation.

## Second Degree Burns



- (1) You must immediately cool the burn under cold running water or a cool compress for 10 - 15 minutes.
- (2) Dry the burn with clean cloth, and cover it with sterile gauze.
- (3) It's important to remember not to break the blisters.
- (4) Elevate burned arms or legs.
- (5) To prevent shock, lay the victim flat, and elevate the feet 12 inches. Then cover the victim in a blanket.

## Third Degree Burns



- (1) Cover the burn lightly with a clean cloth or sterile gauze.
- (2) Make sure not to apply ointments or butter to the burn as those can cause infections.
- (3) Elevate the burned area higher than the victim's head if possible.





# Treating trauma with First Aid



**(1)** Control the bleeding.

**(2)** Use a dressing and your gloved hand to apply firm and direct pressure to the injured area.

**(3)** Continue until the bleeding stops.

**(4)** If there are multiple wounds, treat the worst injuries first then move on to the lesser bleeding injuries.

**(5)** Wait for medical professionals to show up.

**(6)** If one is impaled by an object, it is best to leave the impaled object alone as removing it could cause damage to blood vessels.

**(7)** For head injuries, try to stabilize the head and neck manually.

