

First Aid Manual

Emergency procedures everyone should know

Contents:

1. CPR (Cardiopulmonary Resuscitation)

- Check if the person is unresponsive
- Call emergency services (100 or 102)
- Place hands in center of chest
- Push hard and fast (100-120 compressions per minute)
- Allow chest to fully recoil
- If trained, give rescue breaths
- Continue until help arrives or person shows signs of life

2. Bleeding Control

- Ensure your safety (wear gloves if available)
- Apply direct pressure with clean cloth or gauze
- Maintain pressure for at least 15 minutes
- If blood soaks through, add more cloth without removing first layer
- Once bleeding slows, secure bandage firmly
- Seek medical attention

3. Burns Treatment

- Run cool (not cold) water over the burn for 10-15 minutes
- Do not apply ice, butter, or ointments
- Cover with a sterile, non-stick bandage
- Do not break blisters
- Seek medical attention for serious burns

4. Choking Response

- Ask "Are you choking?"
- Stand behind person and place one foot between their feet
- Place fist above navel with thumb toward abdomen
- Grasp fist with other hand and press inward and upward with quick thrusts
- Repeat until object is expelled or medical help arrives

5. Fracture Care

- Do not move the person unless necessary
- Immobilize the injured area
- Apply cold packs to reduce swelling
- Treat for shock if necessary
- Seek medical attention immediately

6. Snake Bite Treatment

- Keep the person calm and still
- Remove jewelry and tight clothing
- Position wound below heart level if possible
- Clean wound gently with soap and water
- Cover with clean, dry dressing
- Mark the edge of swelling on the skin
- Do NOT apply tourniquet, cut the wound, or try to suck out venom
- Get medical help immediately

This guide is for informational purposes only and is not a substitute for professional medical advice.

In case of emergency, always call professionals: 100 (Police) or 102 (Ambulance)