

Emergency Guide

Select a situation to view instructions.

Search e.g. 'burn' or 'cut'...

Mediums

Trauma to the skin causing blood loss.

[View steps →](#)

Medium

Damage to skin caused by heat, chemicals, or electricity.

[View steps →](#)

Critical

Blockage of the airway that makes breathing difficult or impossible.

[View steps →](#)

Low

Injury to ligaments or muscles, often from twisting or overuse.

[View steps →](#)

LOW

Bleeding from the blood vessels inside the nose.

[View steps →](#)

Hagen

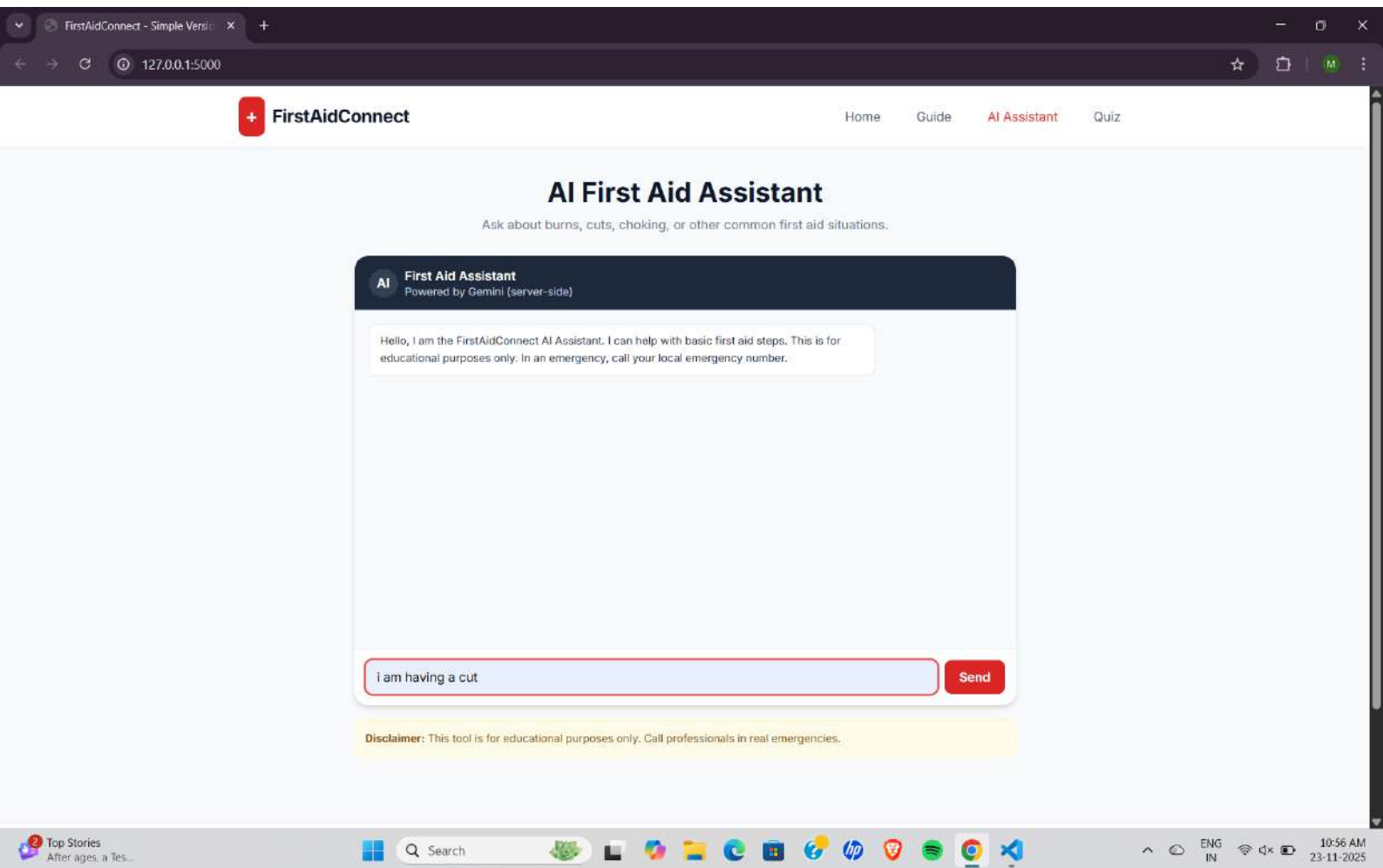
A suspected or confirmed broken bone.

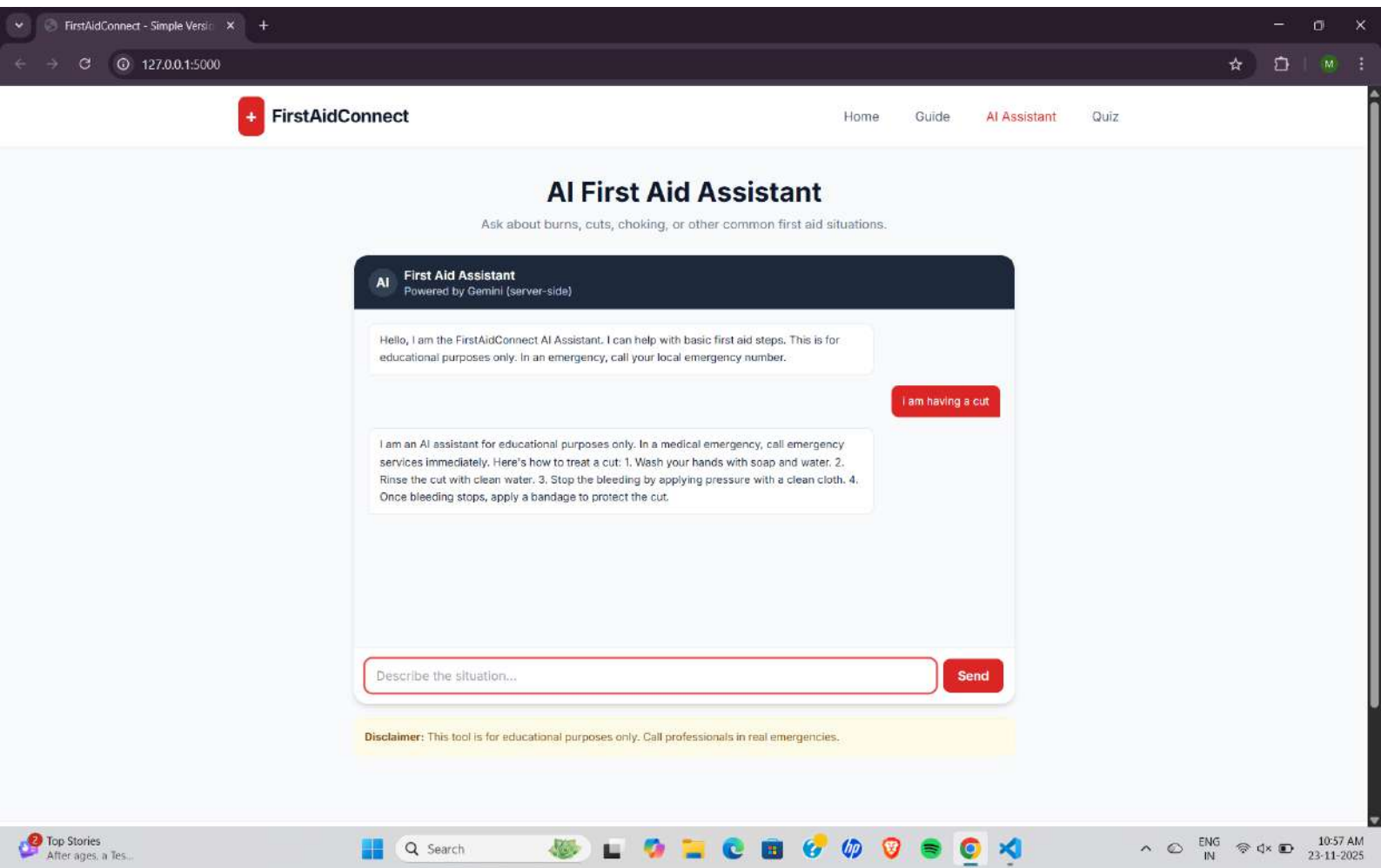
[View steps →](#)

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Test Your First Aid Knowledge

Answer short questions to keep your skills sharp.

QUESTION

What should you do first for a minor burn?

Run cool water over it for 10~20 minutes

Apply ice

Pop any blisters

Rub butter on it.

Check Answer

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Test Your First Aid Knowledge

Answer short questions to keep your skills sharp.

QUESTION

What should you do first for a minor burn?

Run cool water over it for 10-20 minutes

Apply ice

Pop any blisters

Rub butter on it

Check Answer

Correct! Ice and butter can worsen the injury.

Next Question

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Cuts & Bleeding

Trauma to the skin causing blood loss.

Medium

Immediate Steps

1. Wash your hands or use gloves if available.
2. Apply firm, direct pressure with a clean cloth or gauze.
3. Raise the injured area above the level of the heart if possible.
4. Once bleeding slows, gently rinse the wound with clean water.
5. Cover with a sterile bandage or clean dressing.

Do's

- Keep the person calm and still.
- Use a tourniquet only if bleeding is life-threatening and you are trained.

Don'ts

- Do not remove large objects stuck in the wound.
- Do not apply direct heat to the wound.

If the condition worsens or seems severe, contact emergency services immediately.

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Fracture

A suspected or confirmed broken bone.

High

Immediate Steps

1. Keep the injured area still and supported.
2. Control any bleeding with gentle pressure around (not directly on) open fractures.
3. Apply cold packs wrapped in cloth to reduce swelling.
4. Seek urgent medical attention.

Do's

- Call emergency services if the bone is visibly deformed or the person cannot move.
- Support the limb in the position found until help arrives.

Don'ts

- Do not push a bone back into place.
- Do not allow the person to walk on a suspected broken leg.
- Do not move the person unless necessary for safety.

If the condition worsens or seems severe, contact emergency services immediately.

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