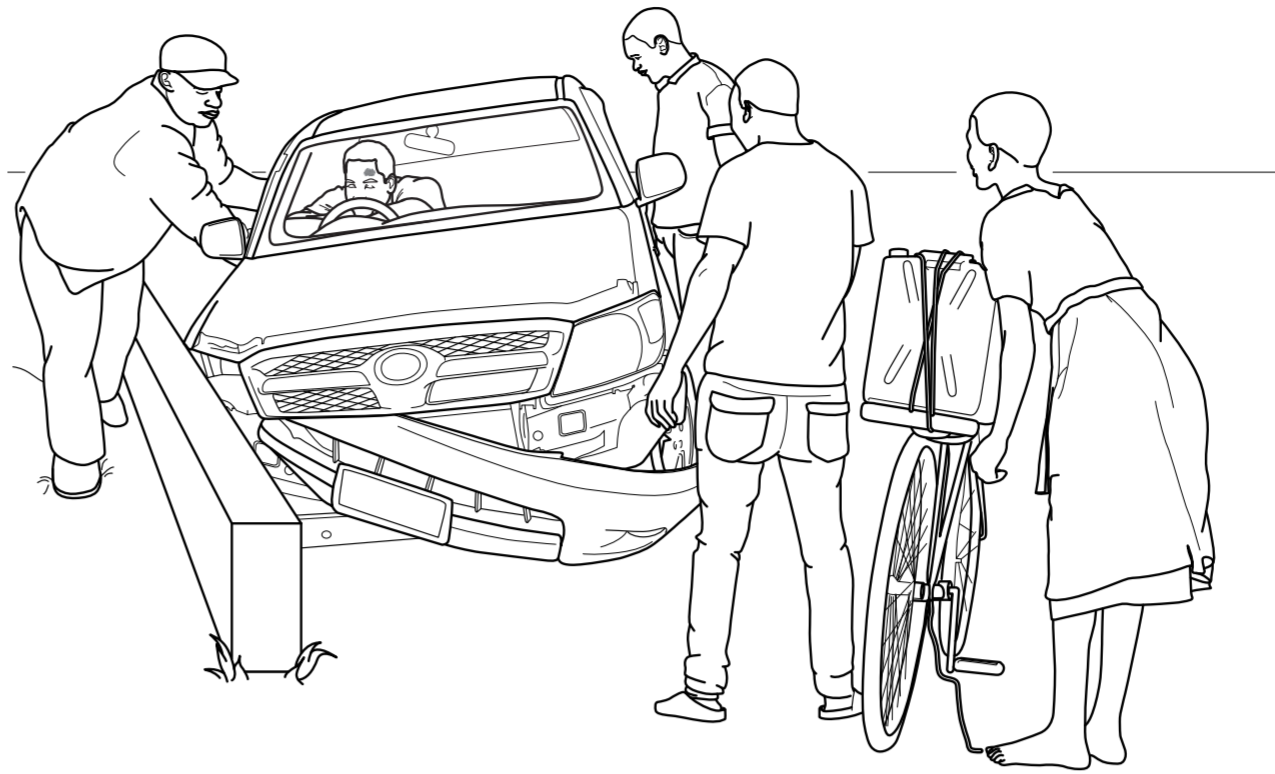


Four main steps in first aid

Make the area safe



Evaluate the person's condition



"Are you okay?"

Is the person conscious?

NO



Look, listen, feel



YES



Is the person breathing?

YES



NO



Seek help



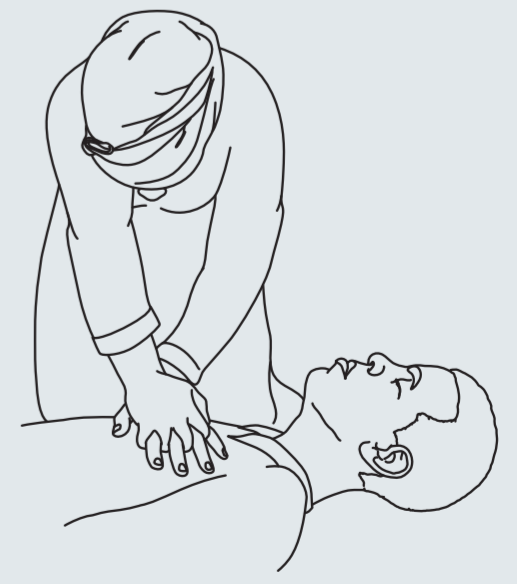
Give first aid



Give first aid

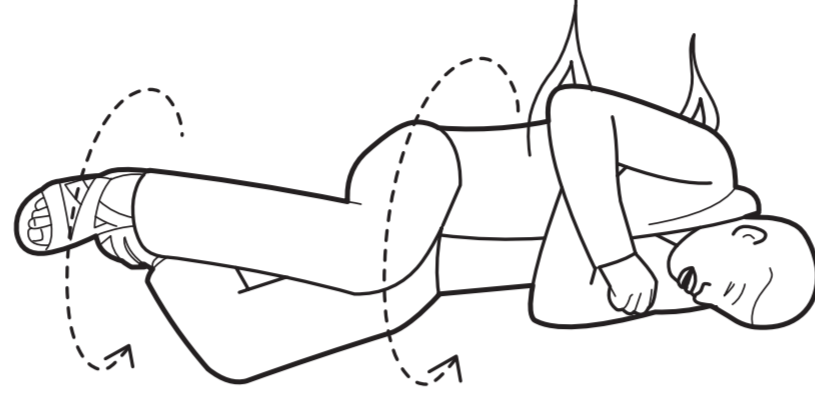


Give first aid

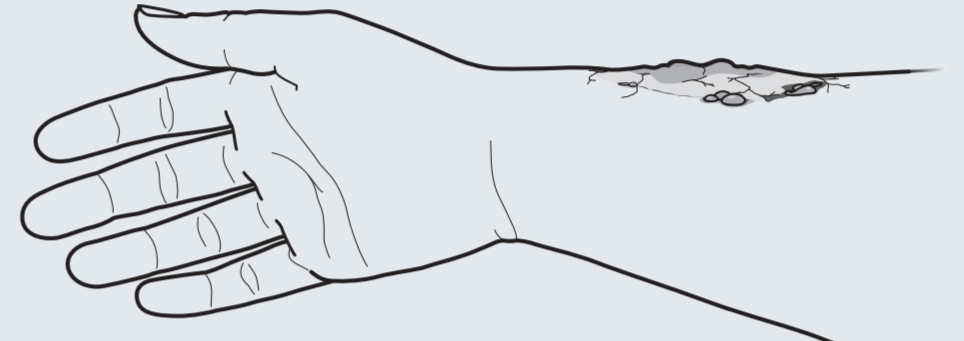
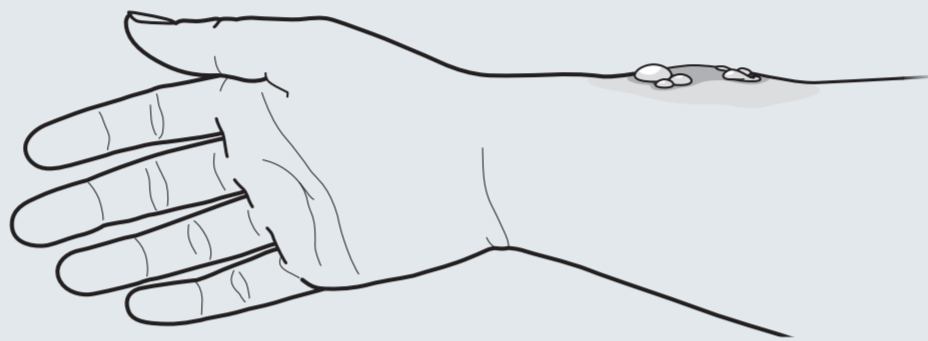
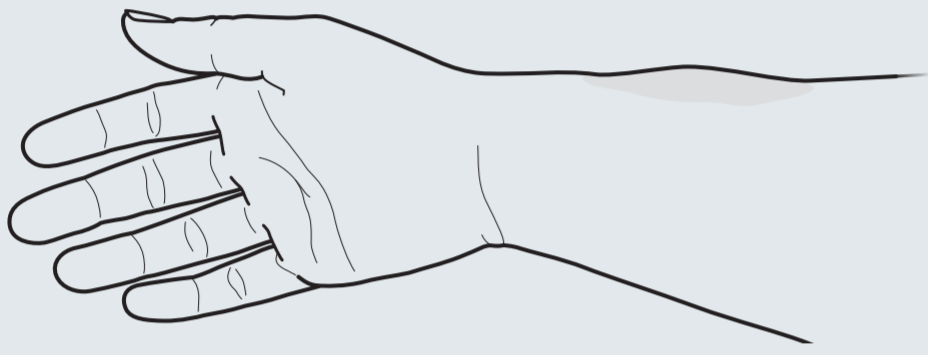


First aid for burns

Make the area safe



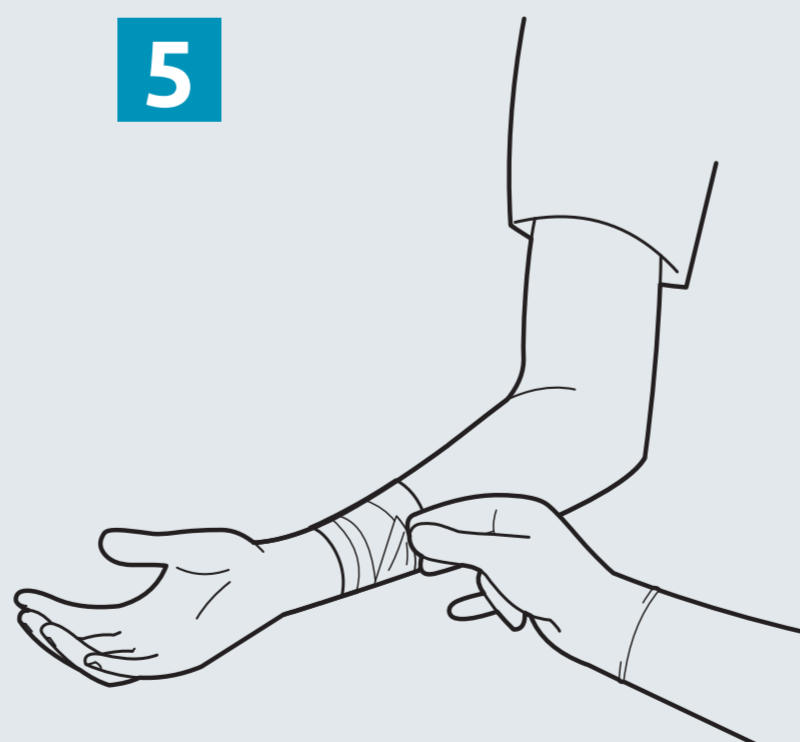
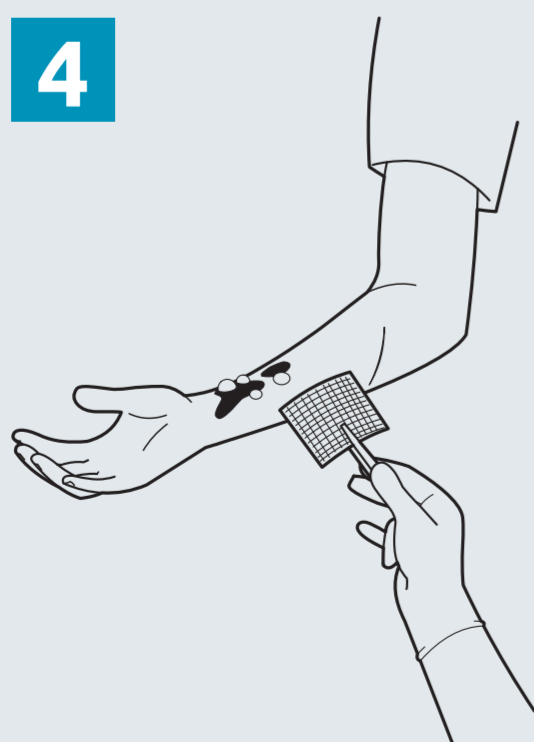
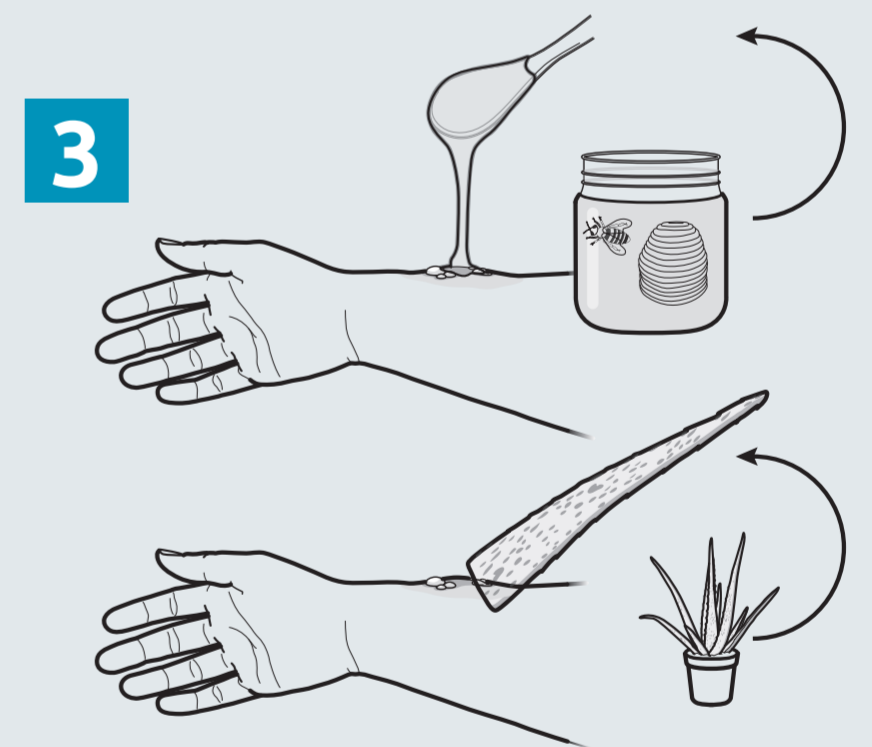
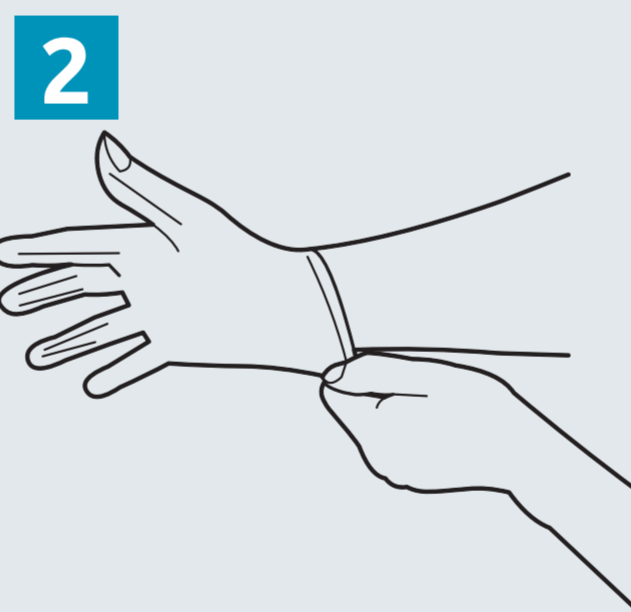
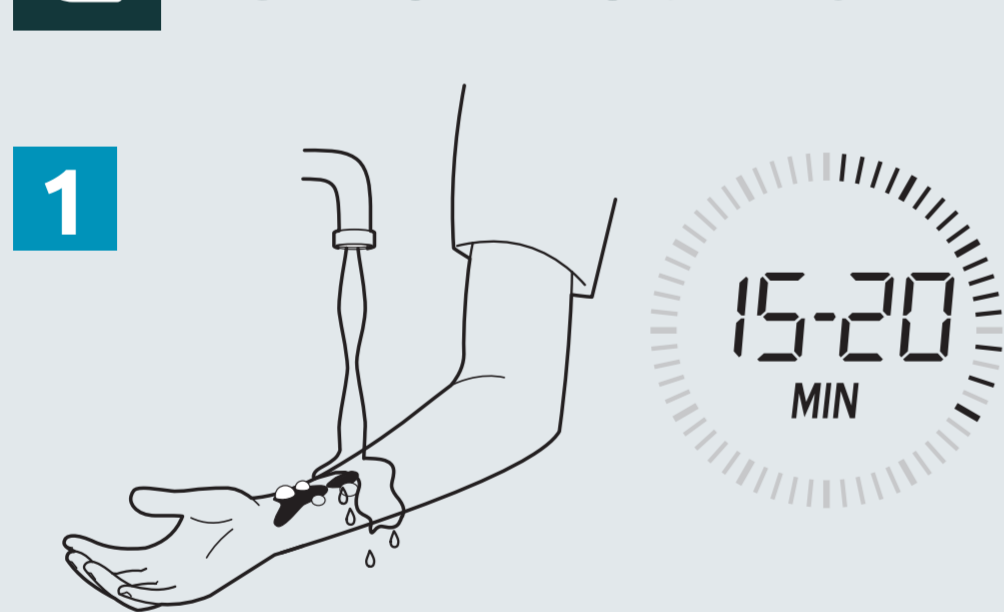
Evaluate the person's condition



Seek help



Give first aid



First aid for choking

 **Make the area safe**

 **Evaluate the person's condition**



Can the person still answer, cough or breathe?



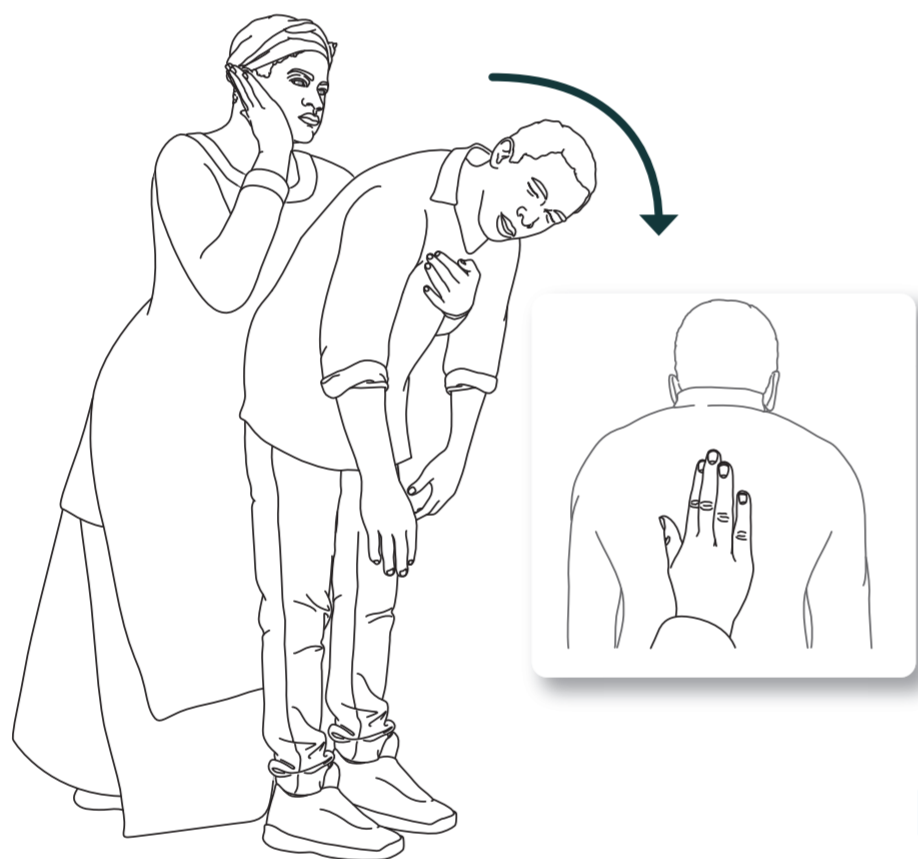
YES

Motivate the person to keep coughing!



NO

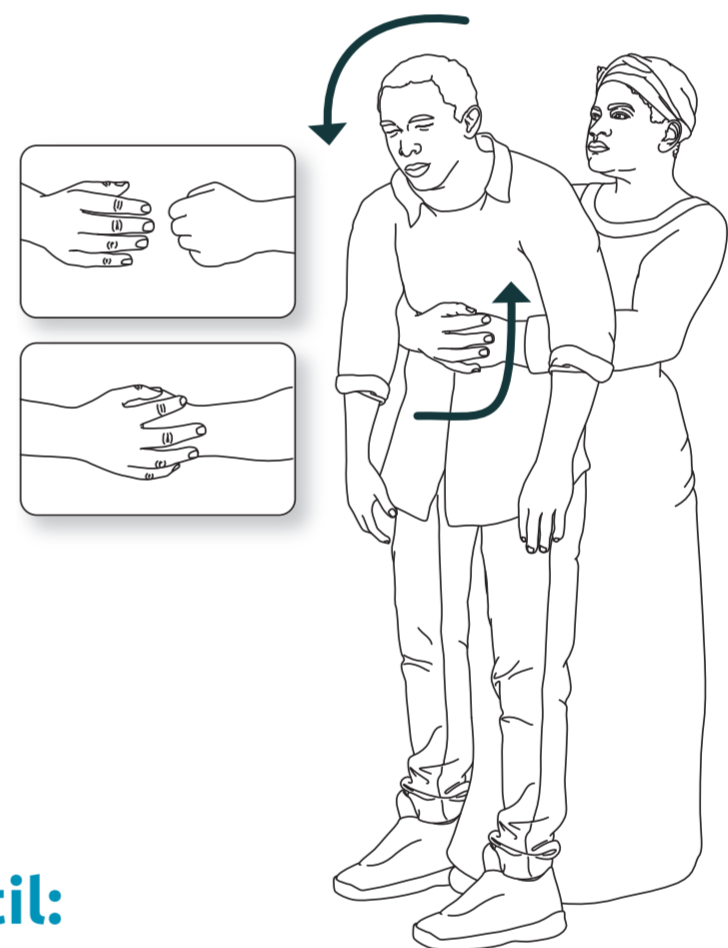
 **Give first aid**



5X



5X

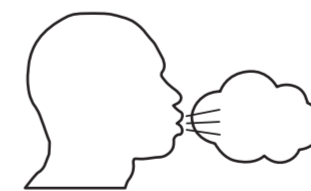


Keep repeating the cycle until:

the person loses consciousness



the person is breathing again



 **Seek help**

 **Give first aid**

Start CPR



First aid for unconsciousness

 **Make the area safe**

 **Evaluate the person's condition**



Is the person conscious?

NO

YES

Look, listen, feel

Keep checking the conscious person

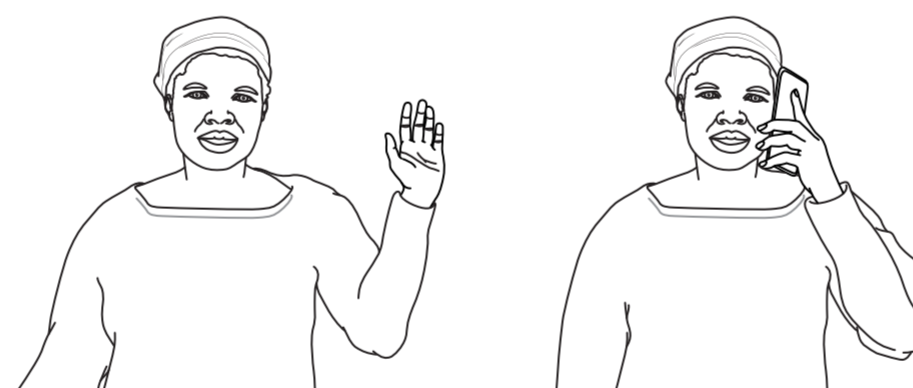


Is the person breathing?

YES

NO

 **Seek help**



 **Seek help**

 **Give first aid**

Put the person in the recovery position



 **Give first aid**

Start CPR



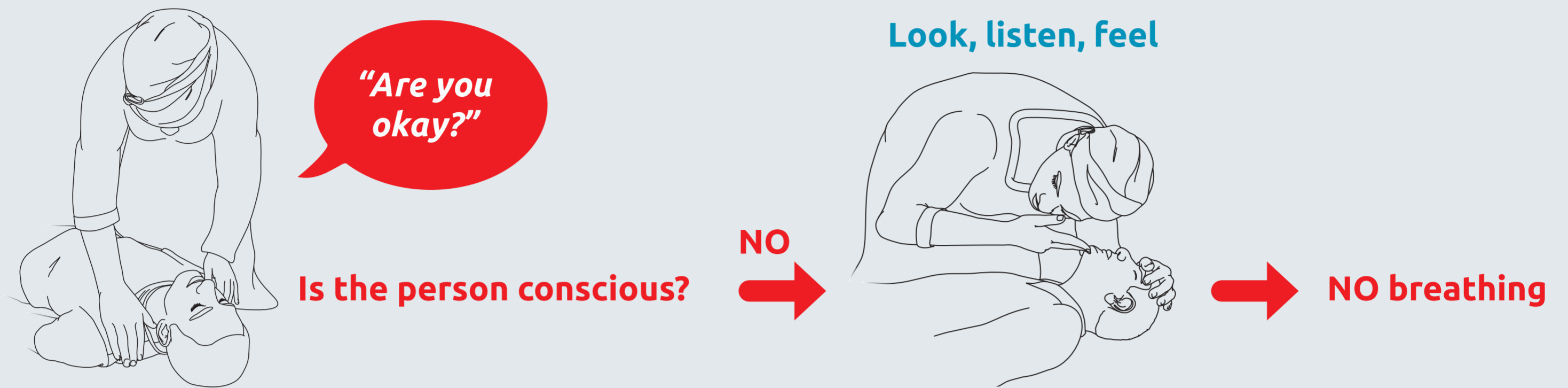
30 compressions

2 rescue breaths

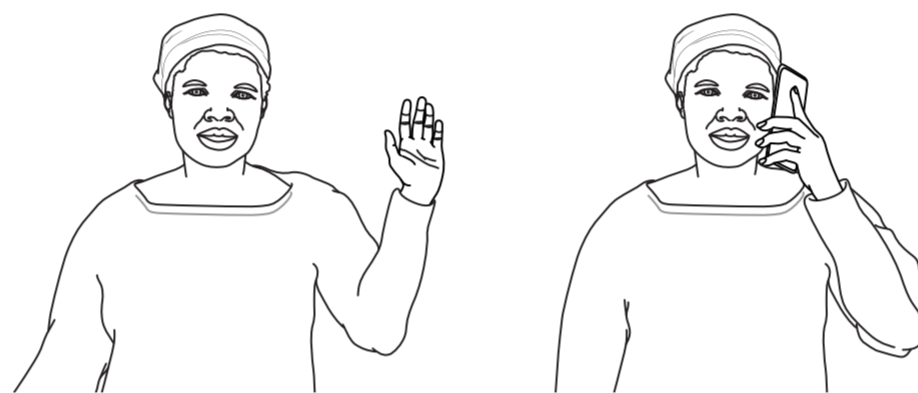
Cardiopulmonary Resuscitation (CPR)


 **Make the area safe**

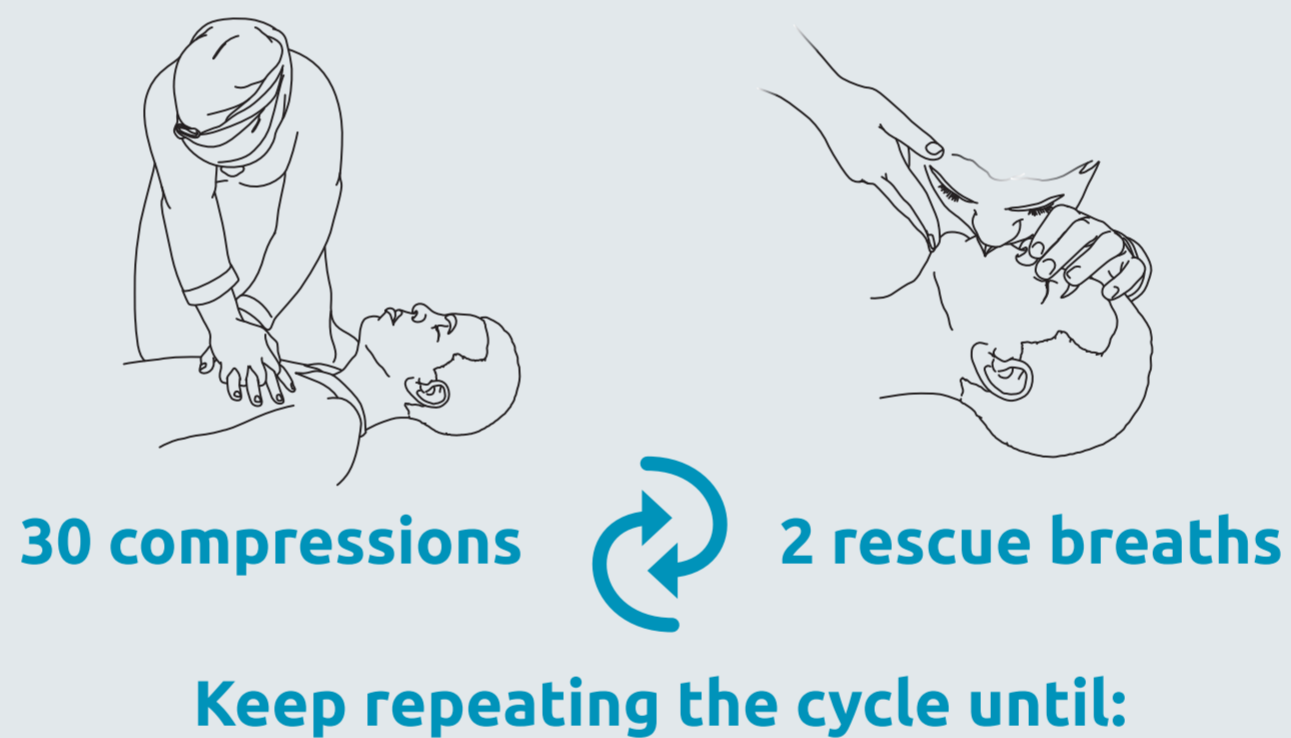
 **Evaluate the person's condition**



 **Seek help**



 **Give first aid**
Adults



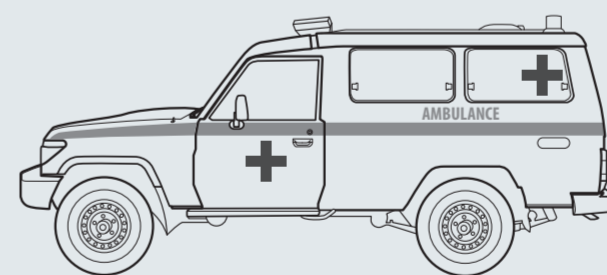
you are too tired to carry on



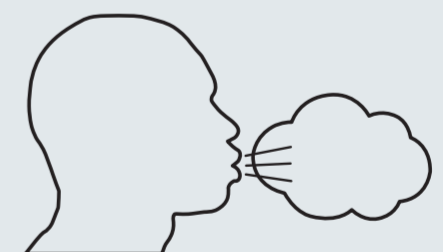
someone takes over from you



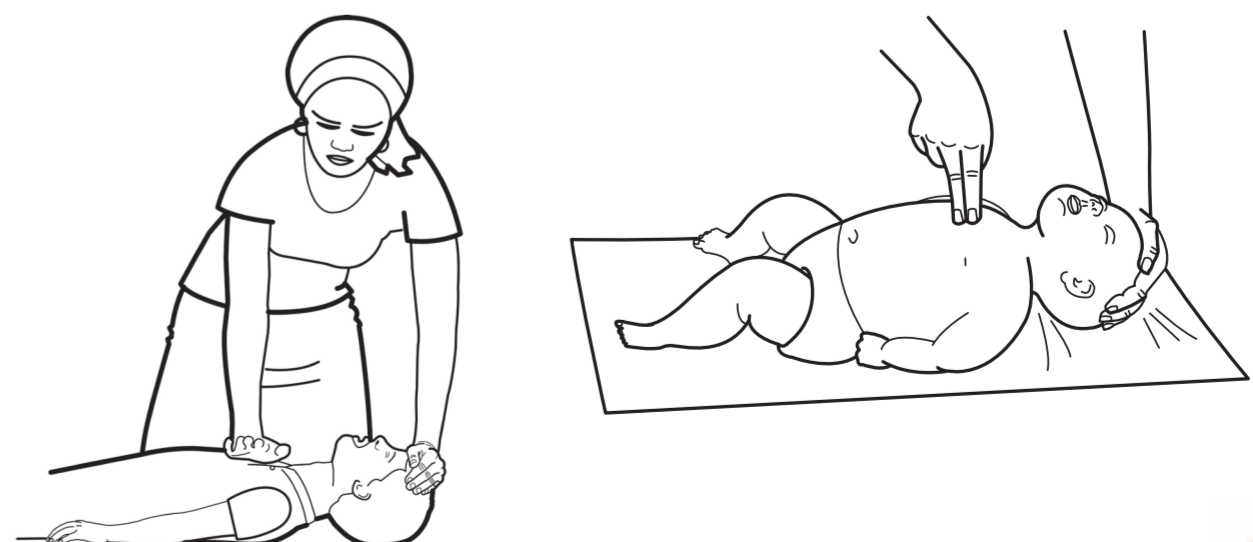
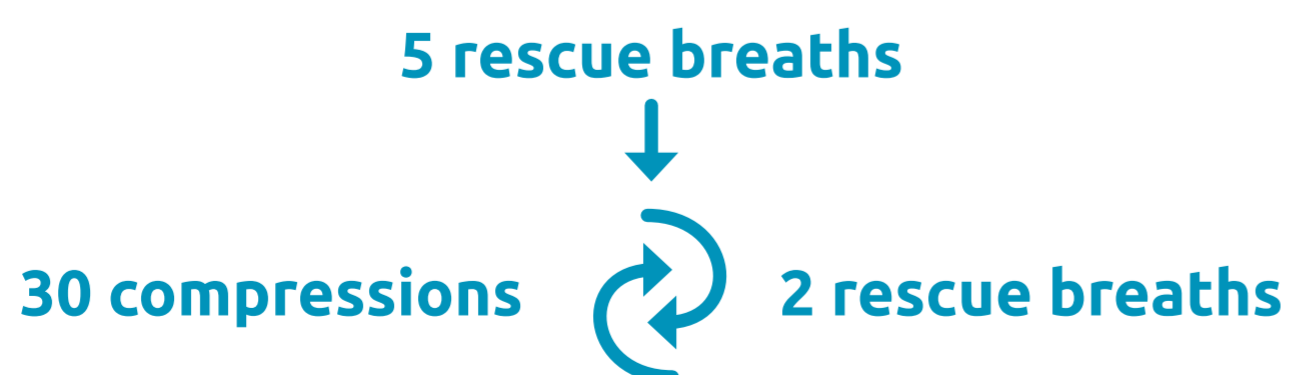
professional help arrives and takes over



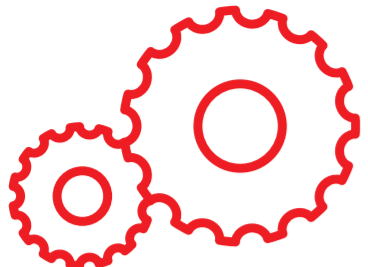
the person is breathing normally again



Babies and children



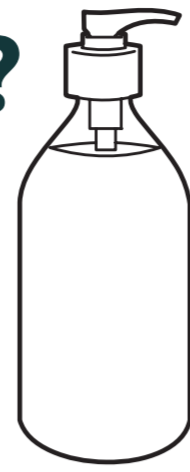
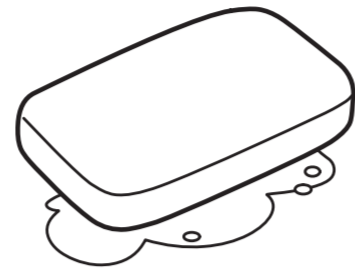
Hand-washing



TECHNIQUE

YES

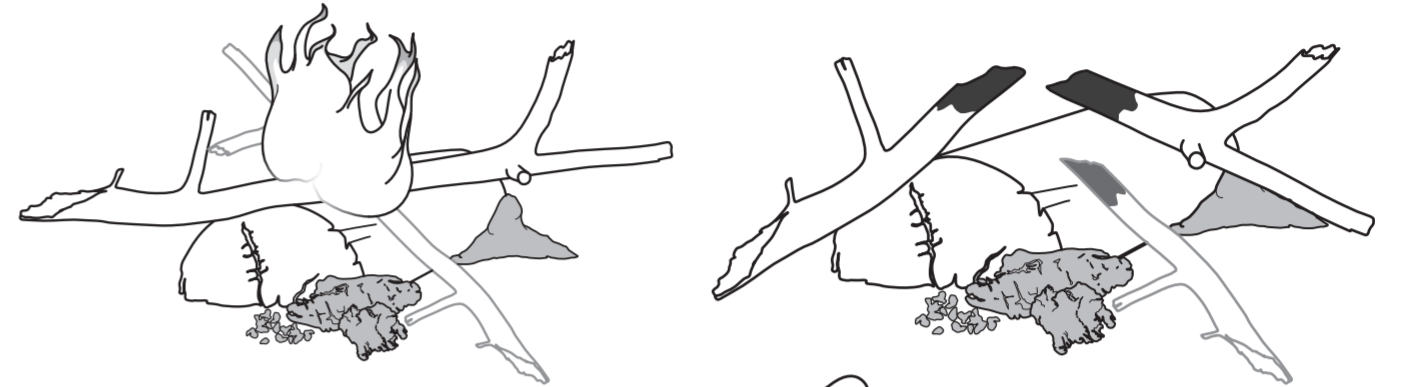
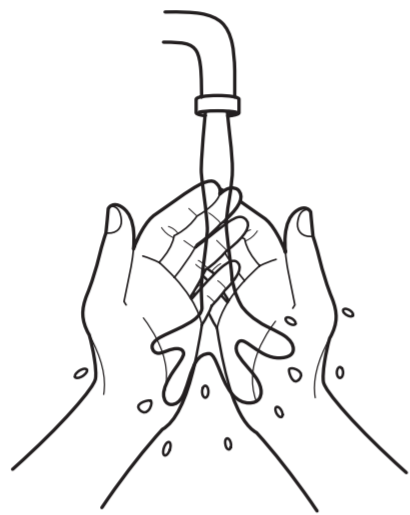
Soap?



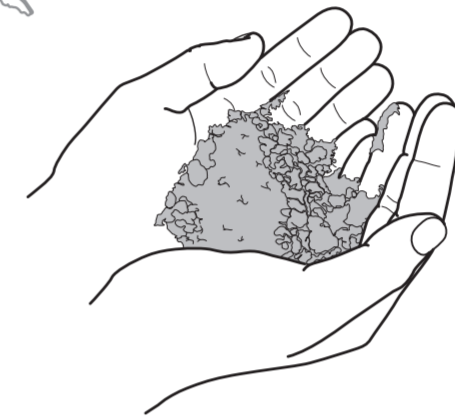
NO



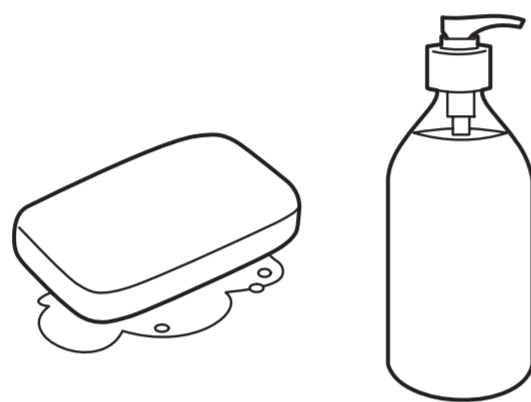
1



1



2



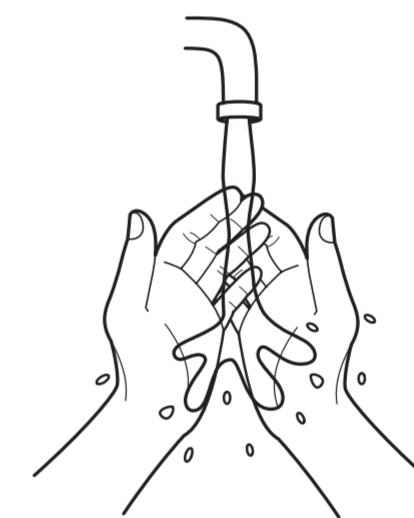
2



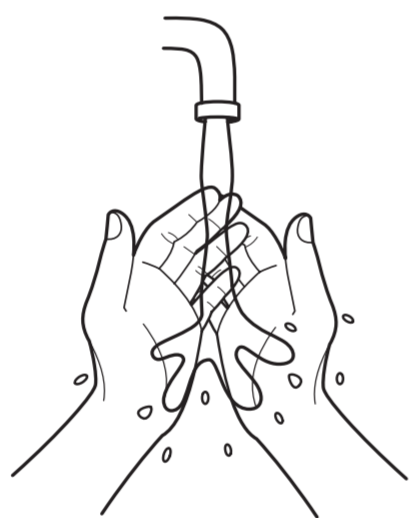
3



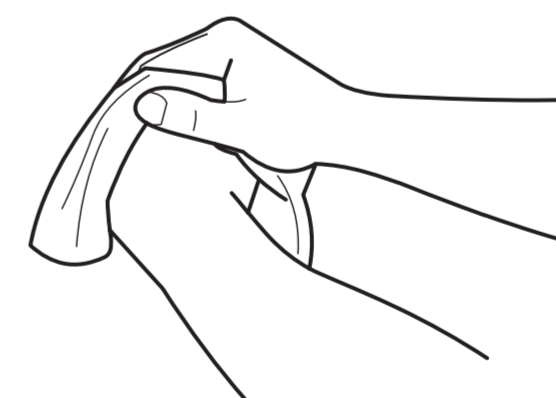
3



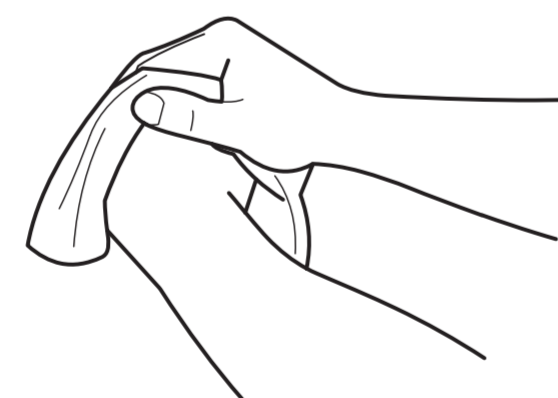
4



4



5



Total time?



When?

Before and after giving first aid

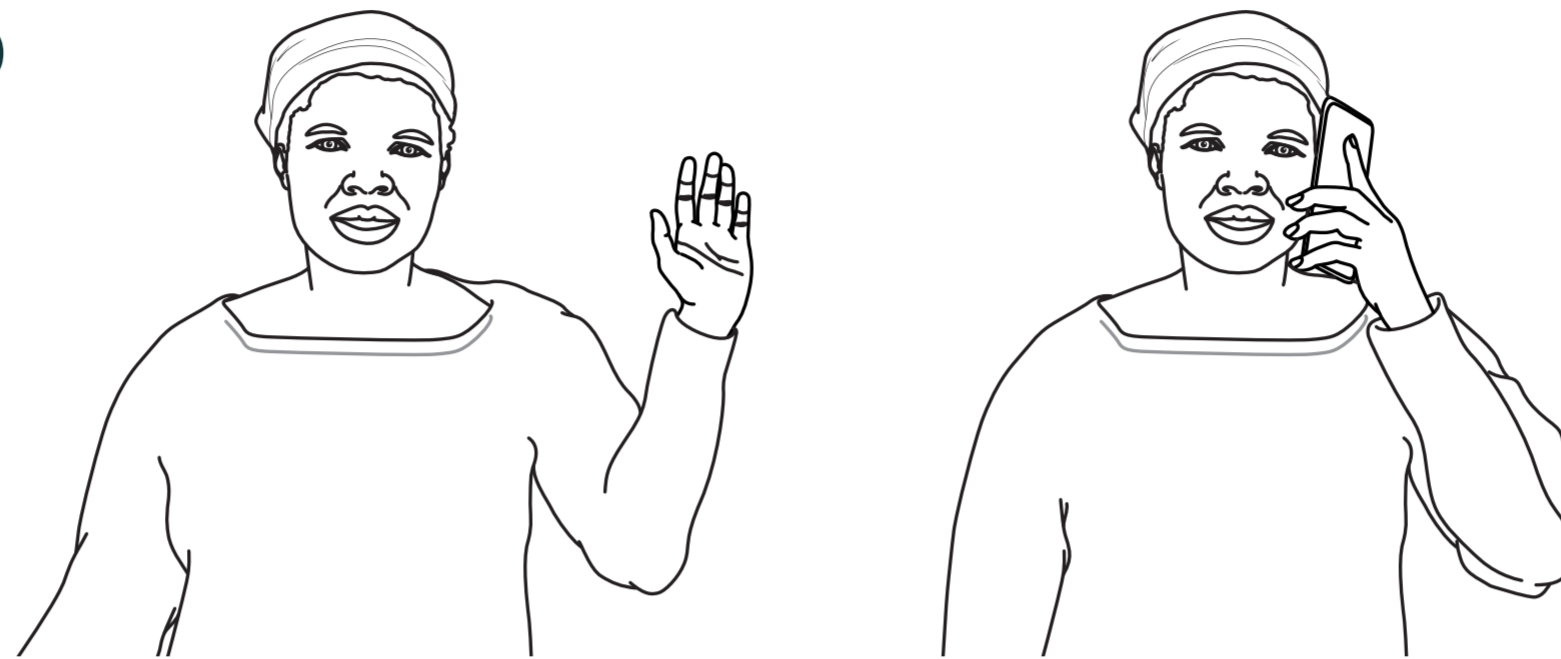


First aid for injuries to muscles, joints or limbs

 **Make the area safe**

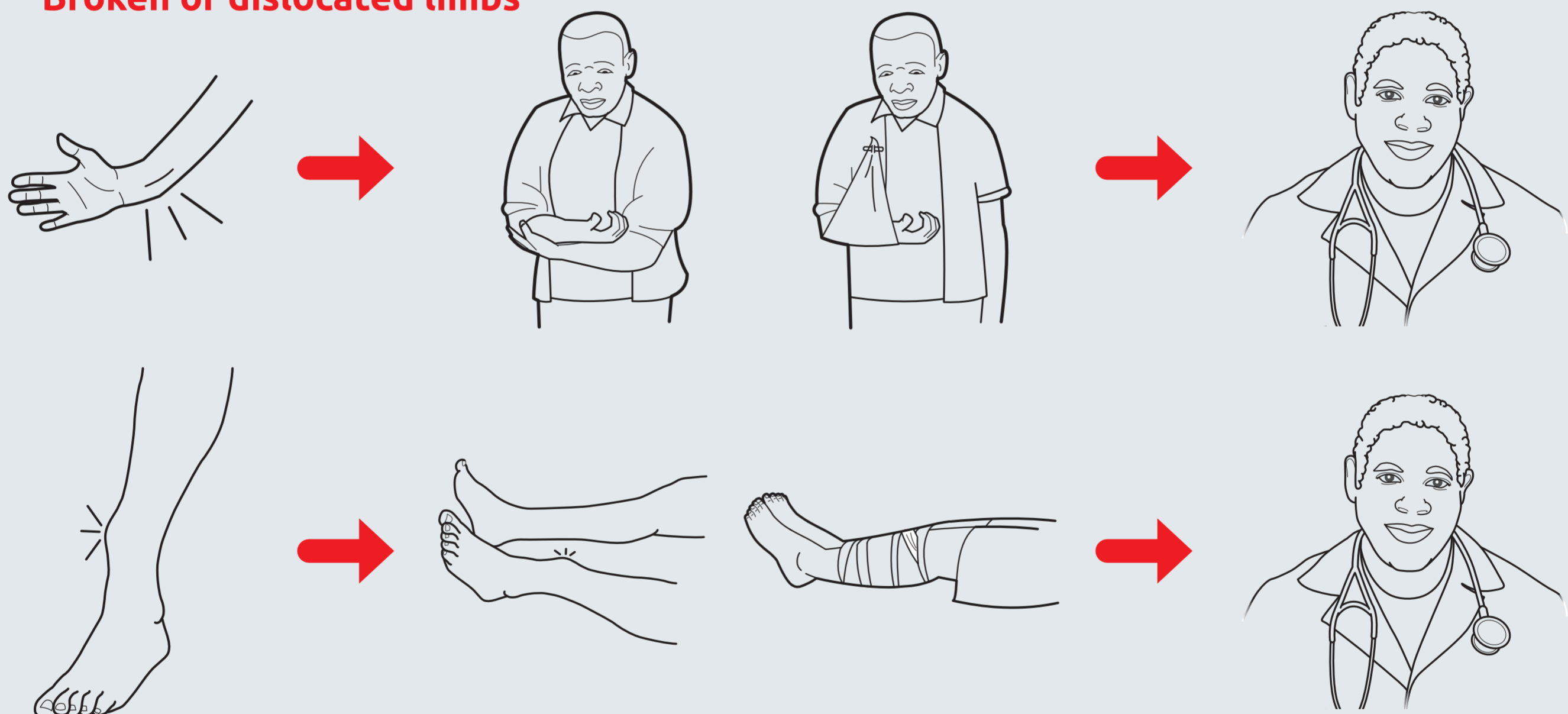
 **Evaluate the person's condition**

 **Seek help**

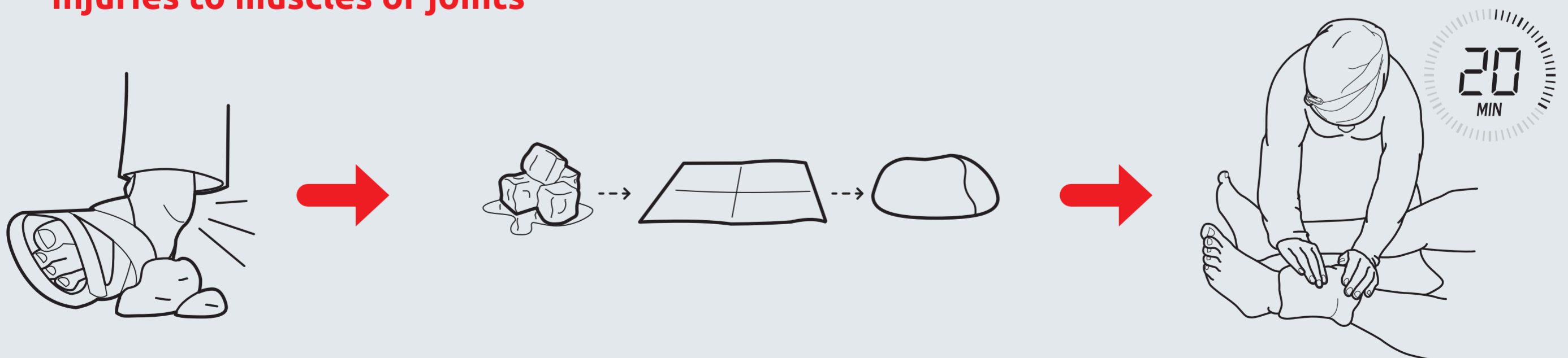


 **Give first aid**

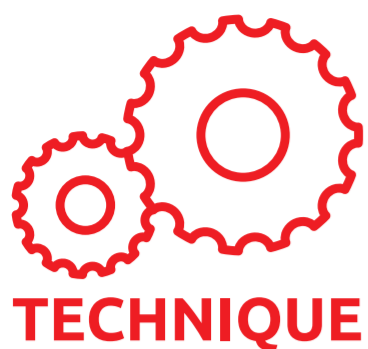
Broken or dislocated limbs



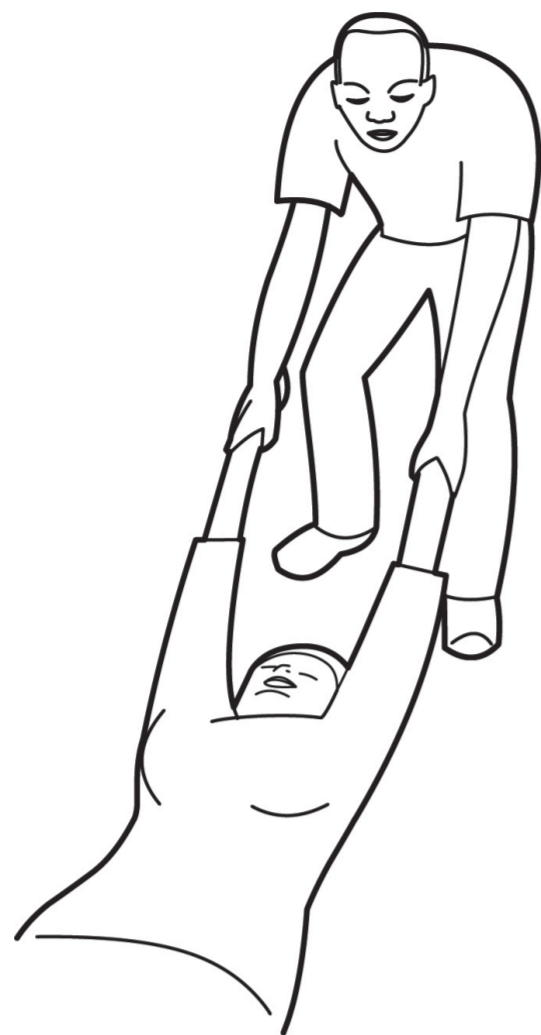
Injuries to muscles or joints



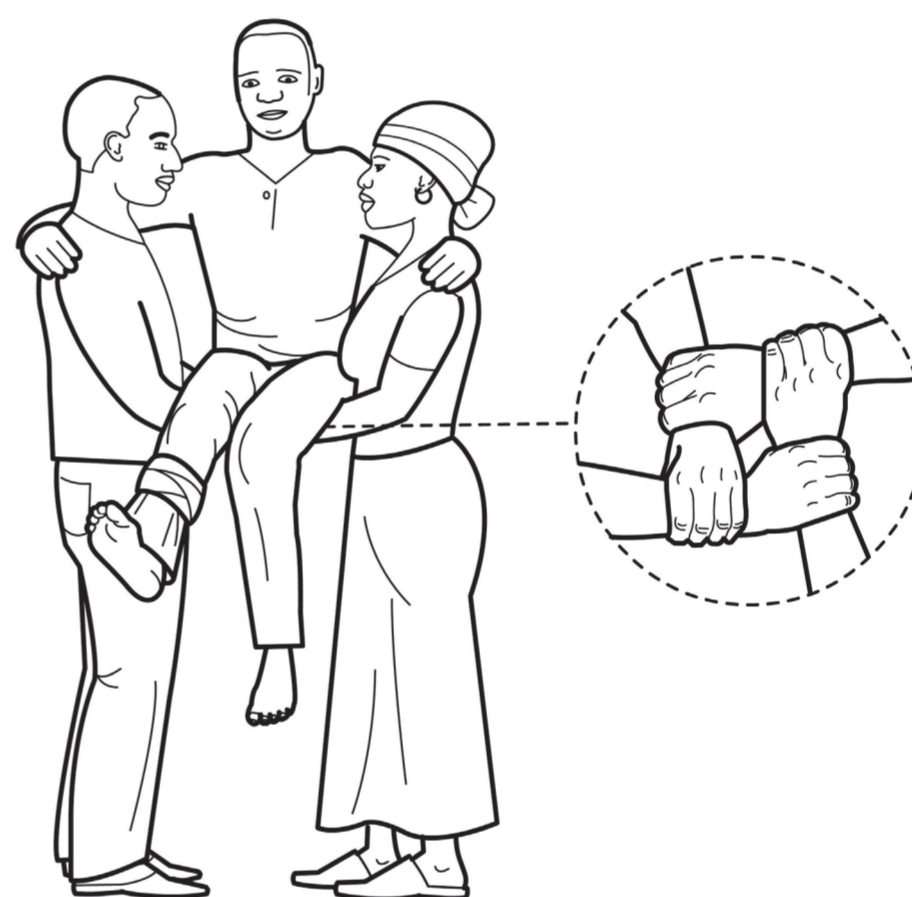
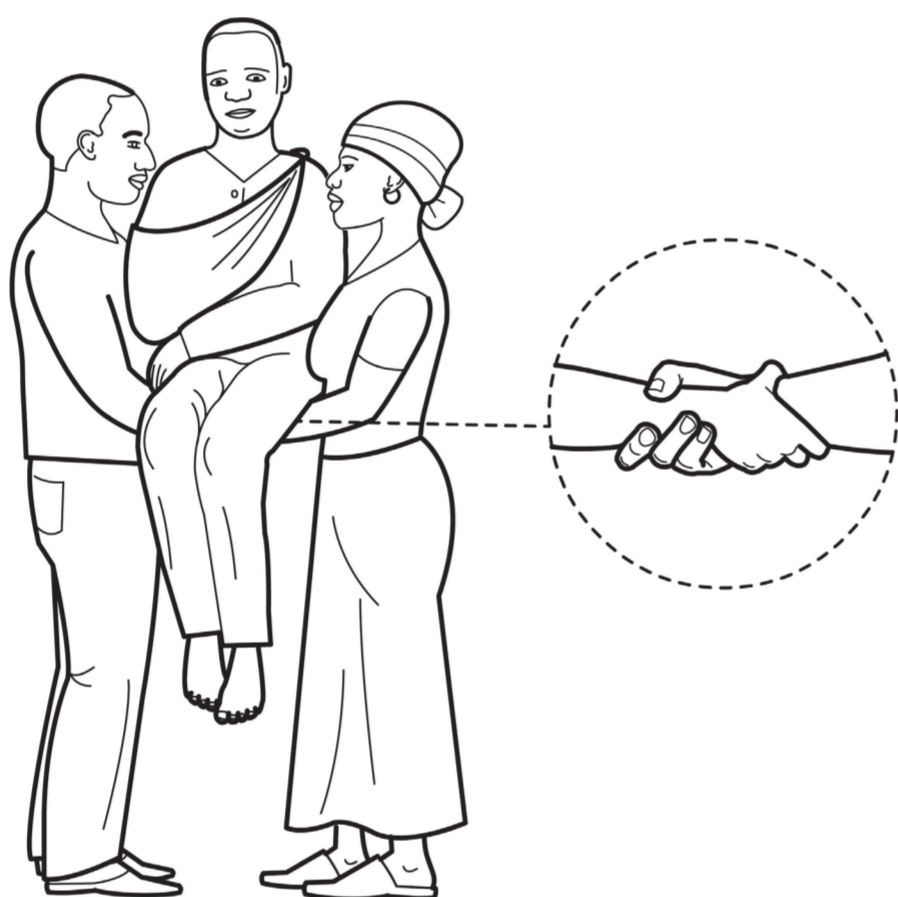
Moving an ill or injured person



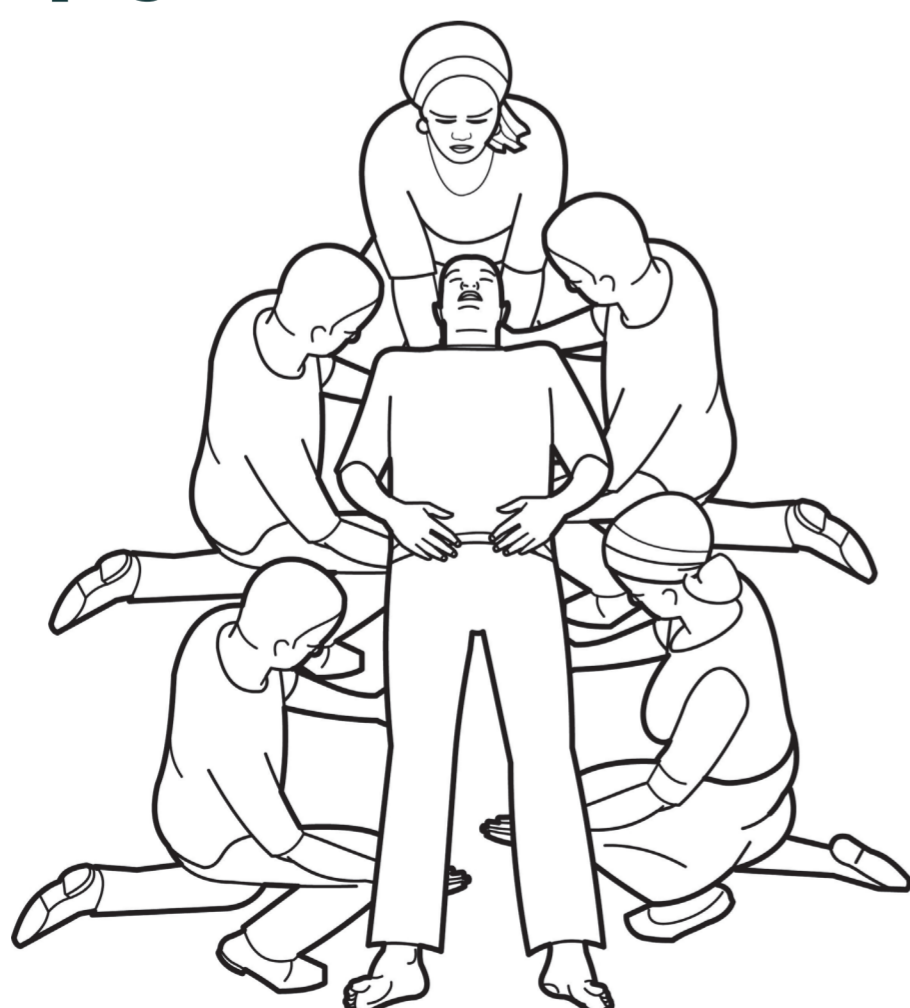
Are you alone?



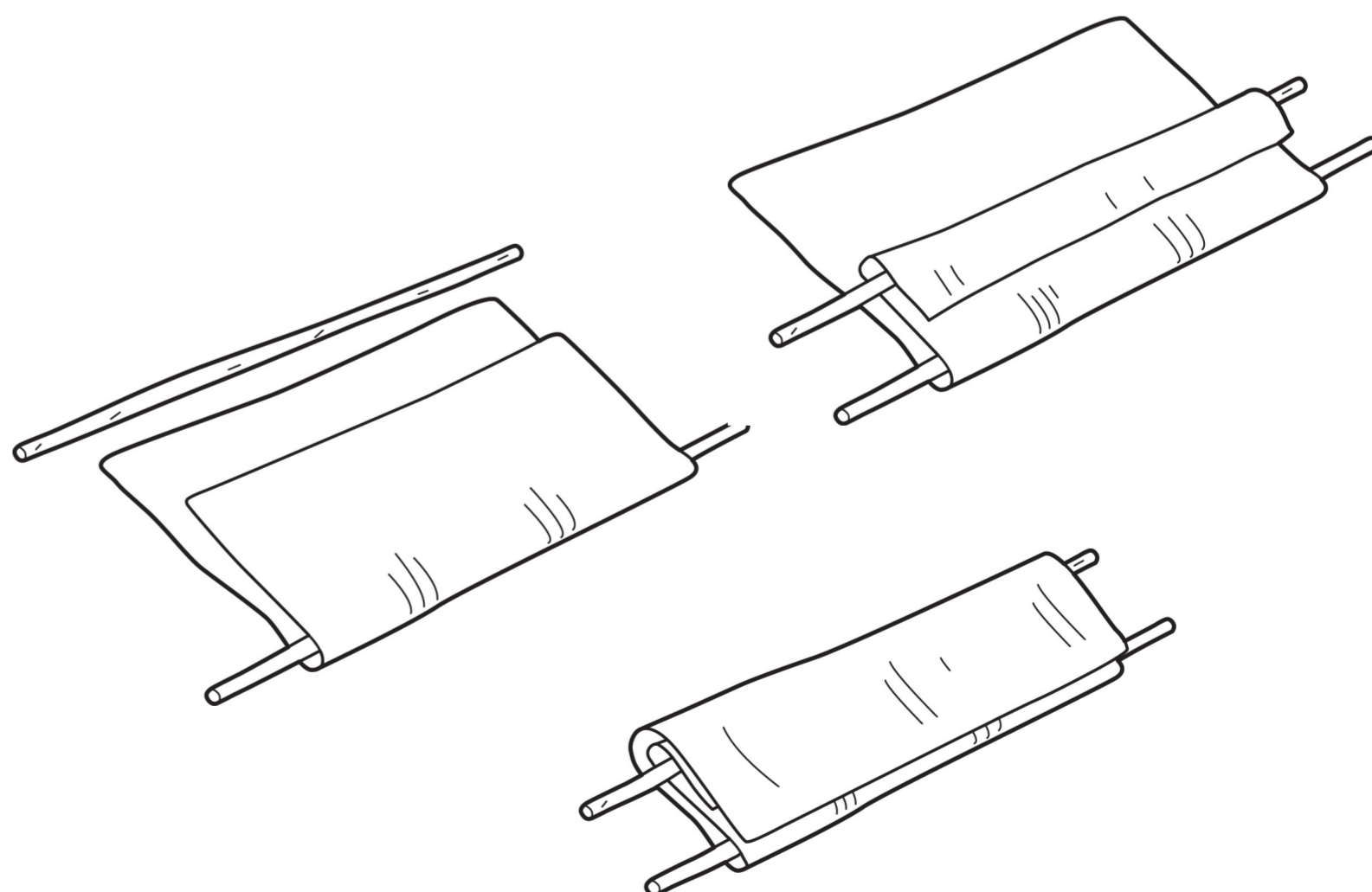
Is there another person to help you?



Are there 4 other people to help you?



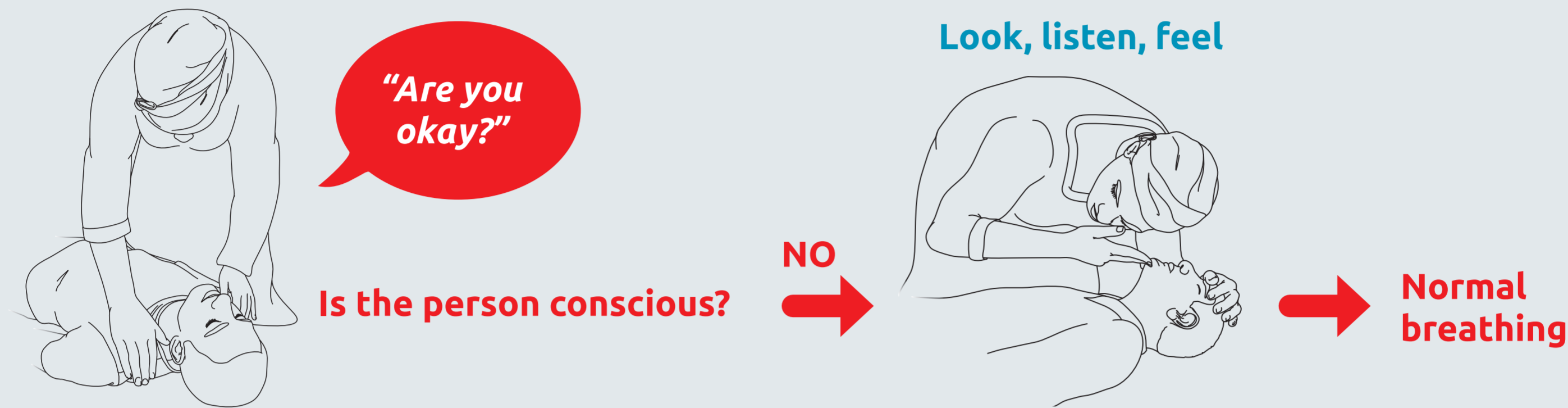
Do you need a stretcher?



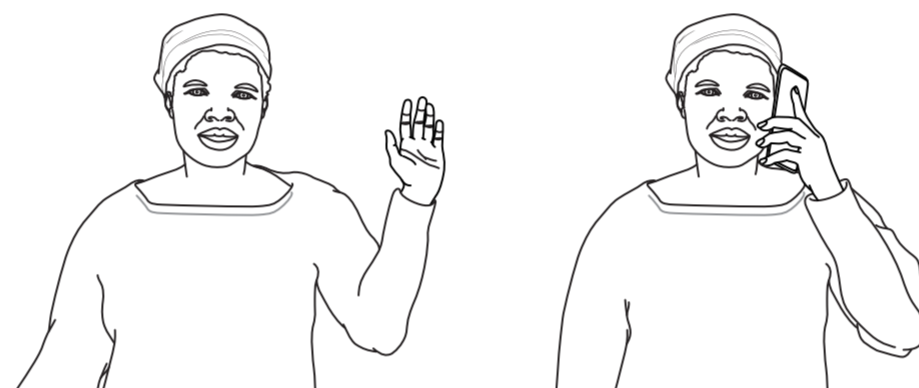
Recovery position

 **Make the area safe**

 **Evaluate the person's condition**

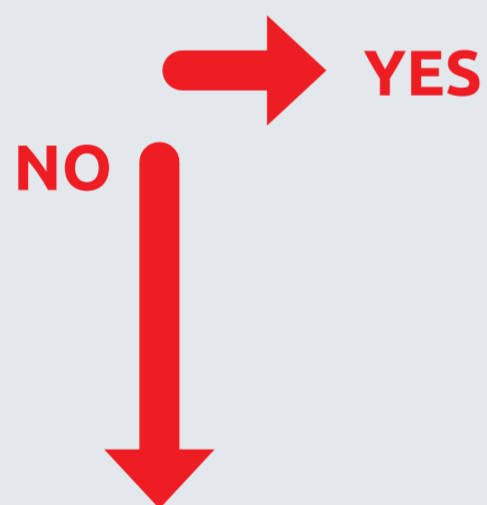


 **Seek help**

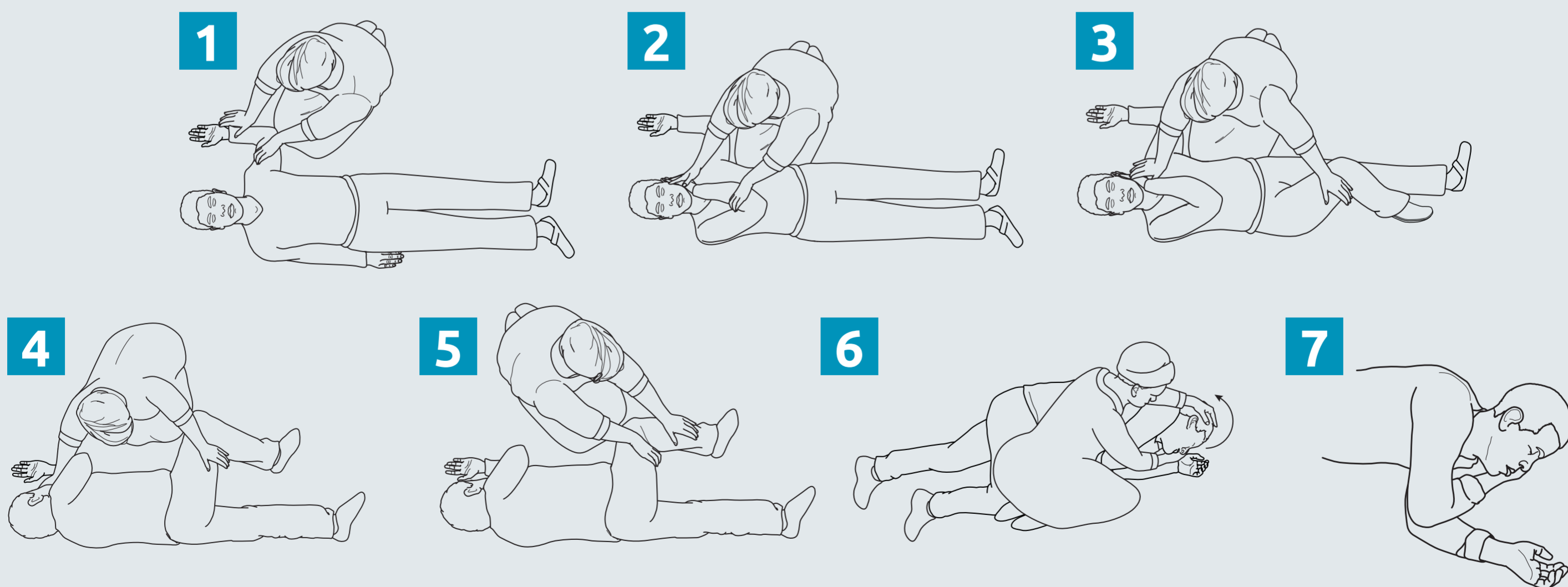


 **Give first aid**

Suspected spinal injury?



Every minute



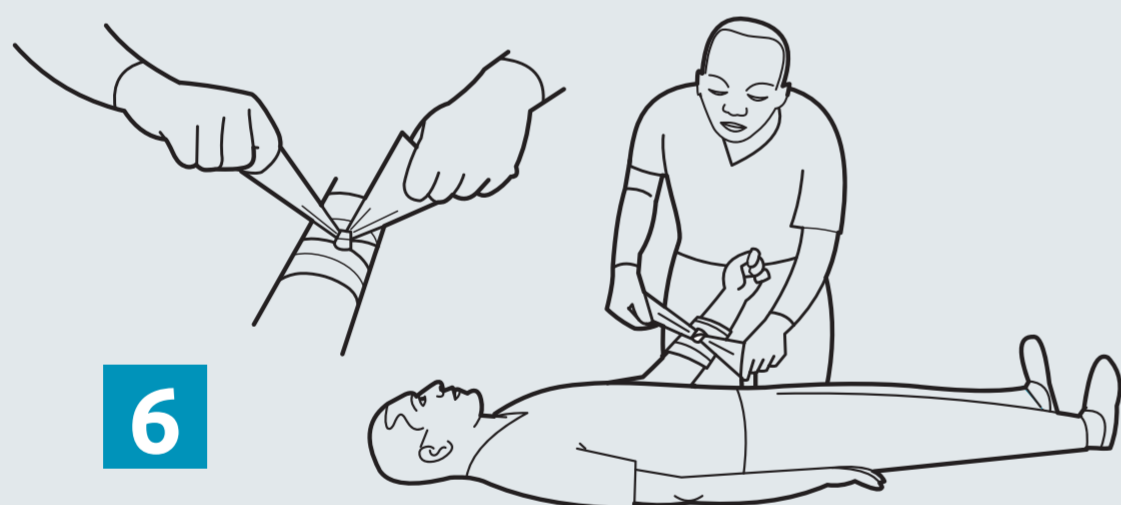
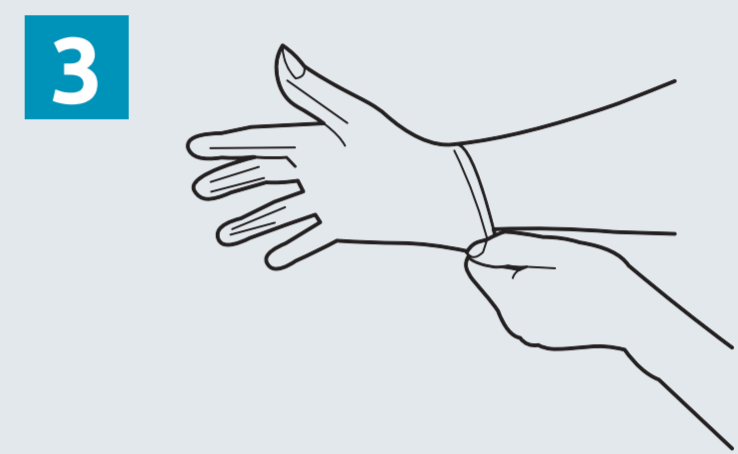
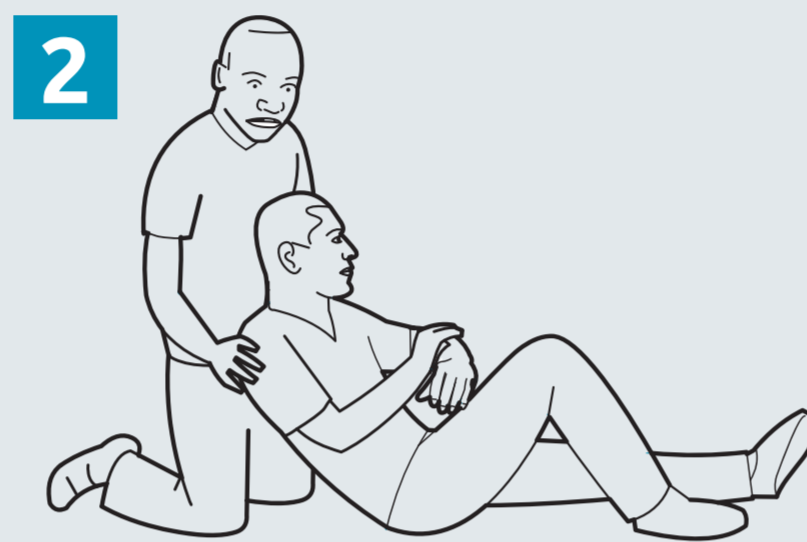
First aid for severe bleeding

 **Make the area safe**

 **Evaluate the person's condition**

 **Seek help**

 **Give first aid**



Nose bleed



First aid for skin wounds

 **Make the area safe**

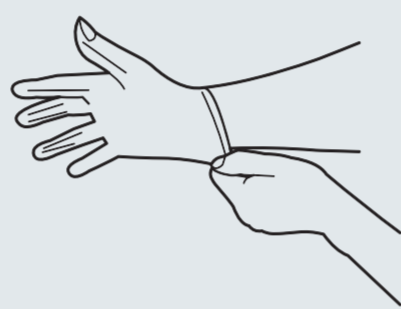
 **Evaluate the person's condition**

 **Seek help**

 **Give first aid** **1**



2



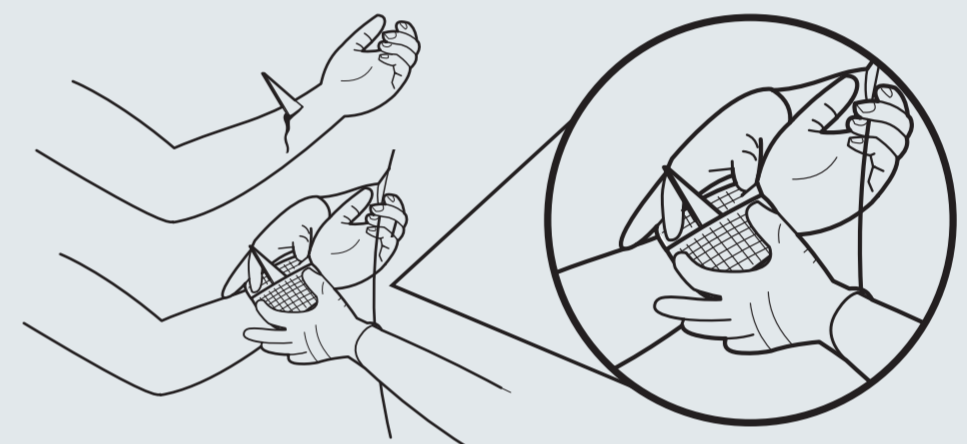
Embedded object?

NO

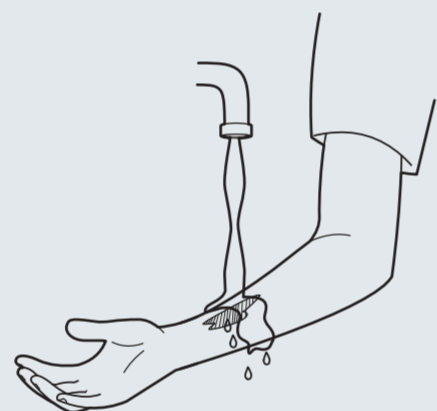


YES

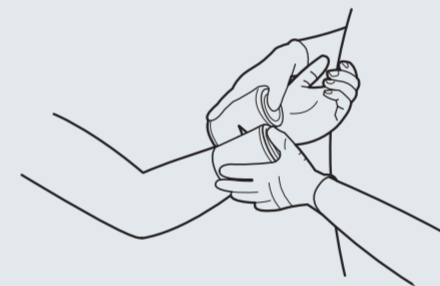
3



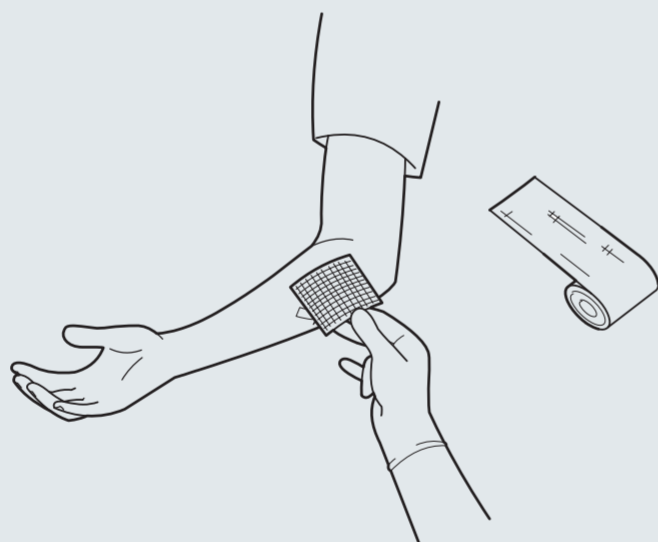
3



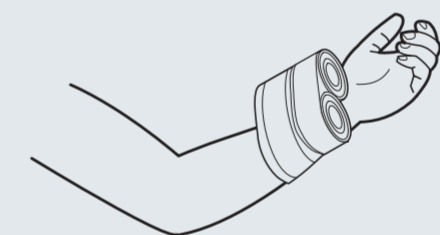
4



4



5



5



6



6



7



8

