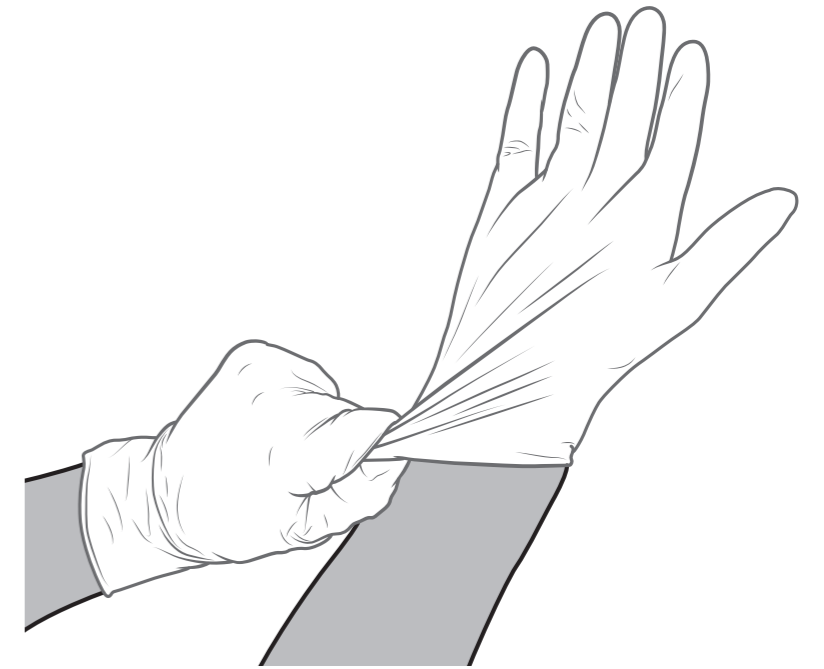
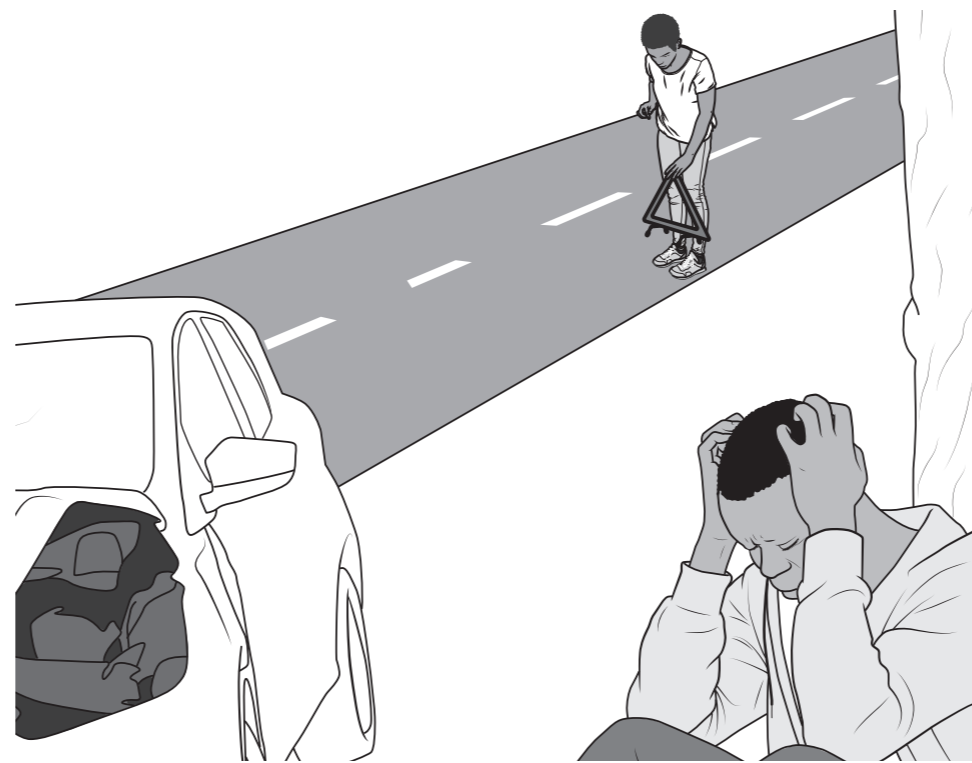


Four steps in first aid



Ensure safety



Assess the person's condition



Is the person conscious?

NO



YES



Is the person breathing normally?

YES



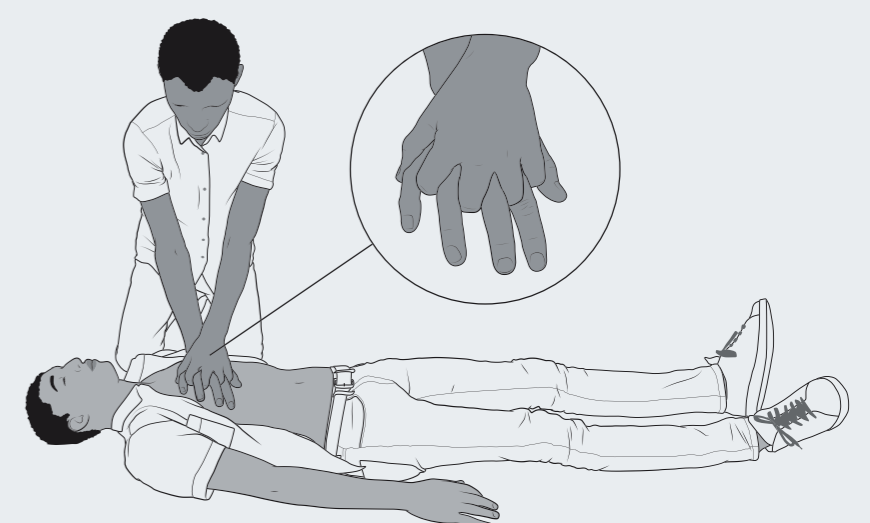
NO



Seek help



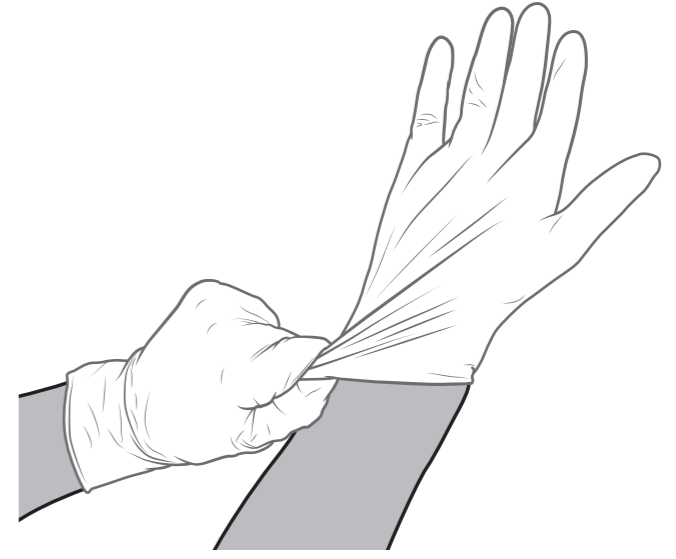
Provide further first aid



First aid for burns



Ensure safety

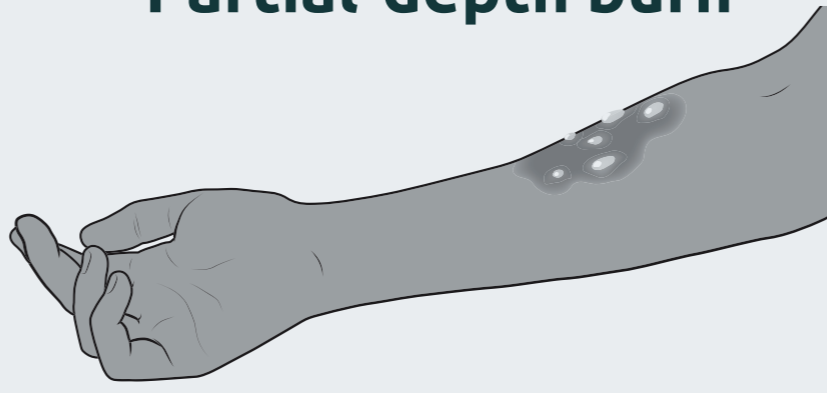


Assess the person's condition

Superficial burn



Partial-depth burn



Full-depth burn

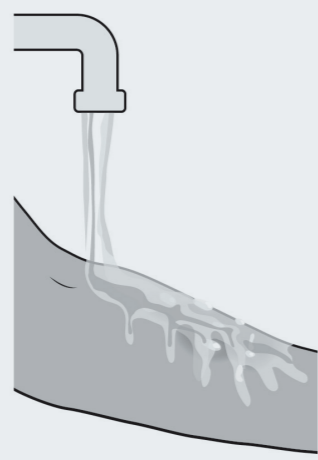


Seek help

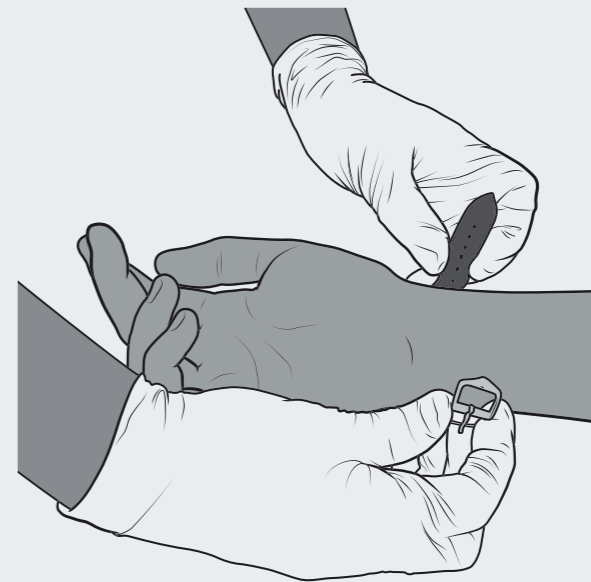


Provide further first aid

1

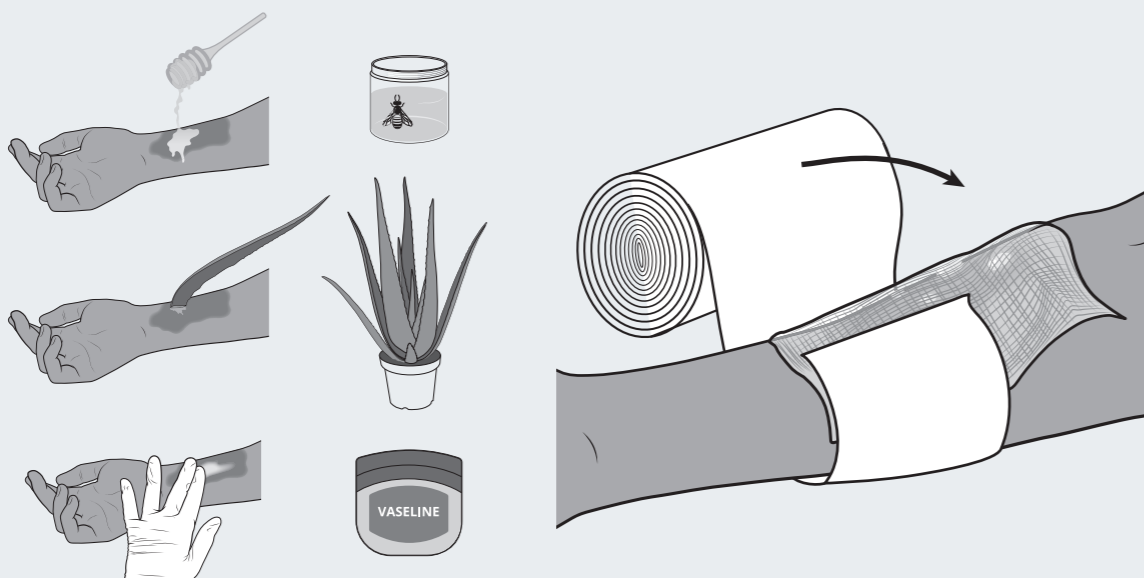


2



3a Superficial burn

3b Partial-/full-depth burn

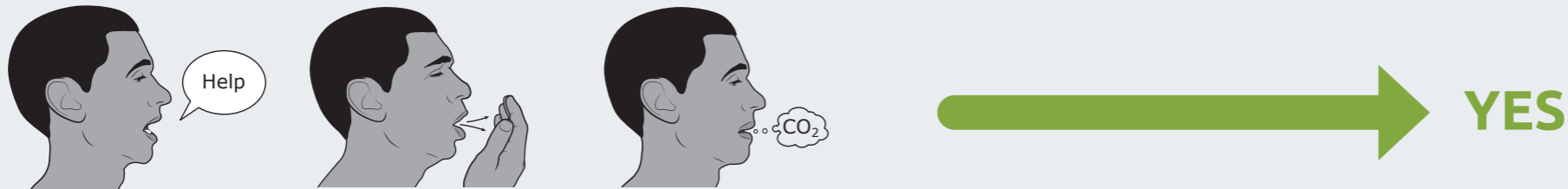


First aid for choking

 **Ensure safety**

 **Assess the person's condition**

Can the person still speak, cough or breathe?



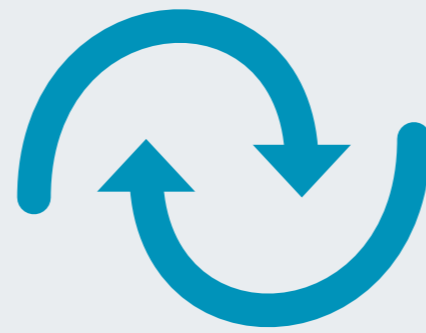
Encourage the person to cough



NO

 **Seek help**

 **Provide further first aid**

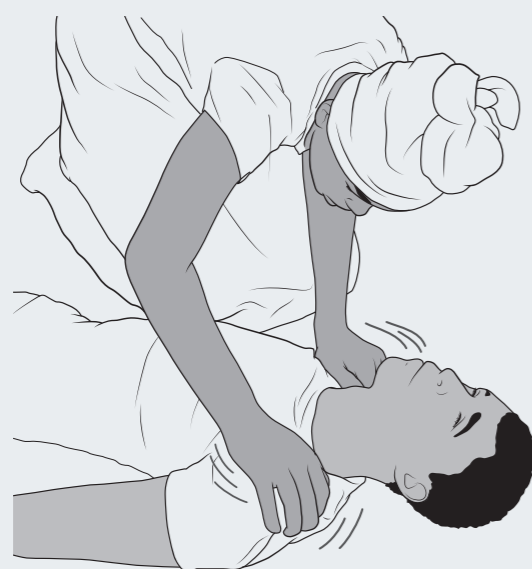


Repeat until:

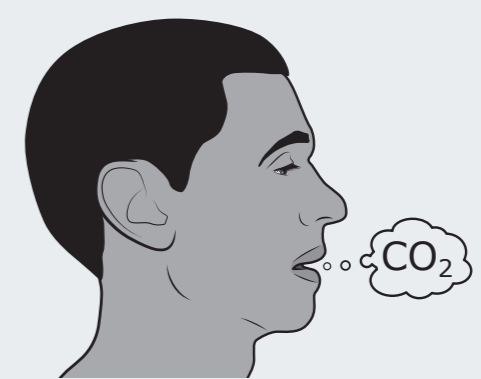
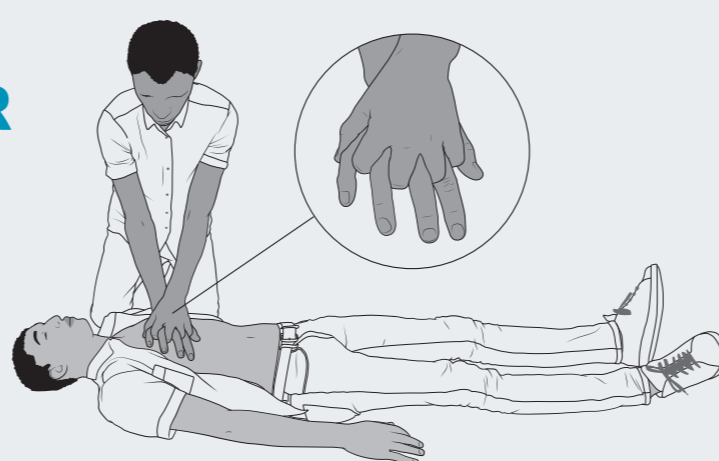


The person loses consciousness

The person is breathing normally



Start CPR



First aid for unconsciousness

 **Ensure safety**

 **Assess the person's condition**



"Are you all right?"

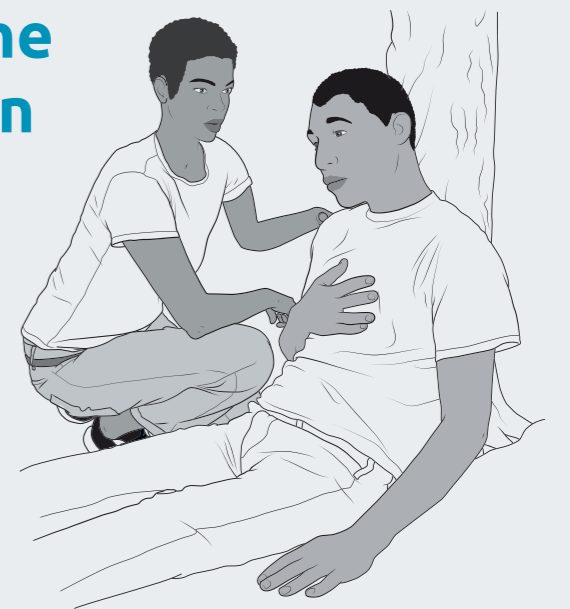
Is the person conscious?

NO

YES

Open the airway
Look, Listen, Feel

Keep checking the conscious person

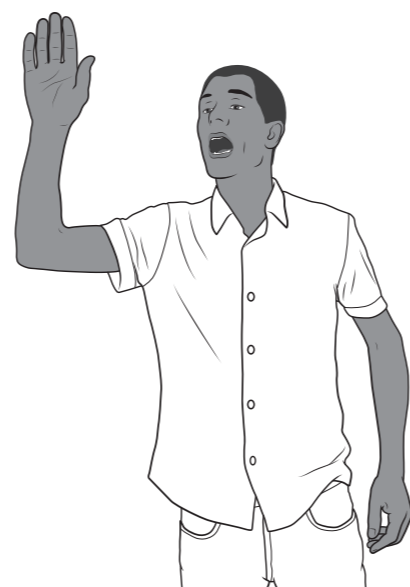


Is the person breathing normally?

YES

NO

 **Seek help**



 **Provide further first aid**

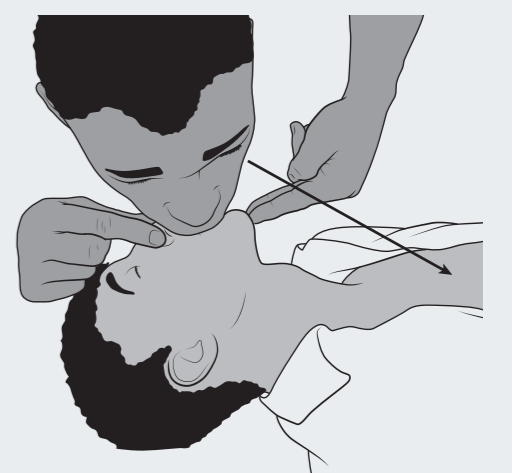
Recovery position



Start CPR



30 chest compressions



2 rescue breaths



Cardiopulmonary Resuscitation (CPR)

 **Ensure safety**

 **Assess the person's condition**

Is the person conscious?

NO

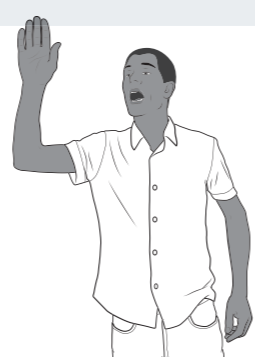


Open the airway
Look, Listen, Feel

NOT BREATHING NORMALLY



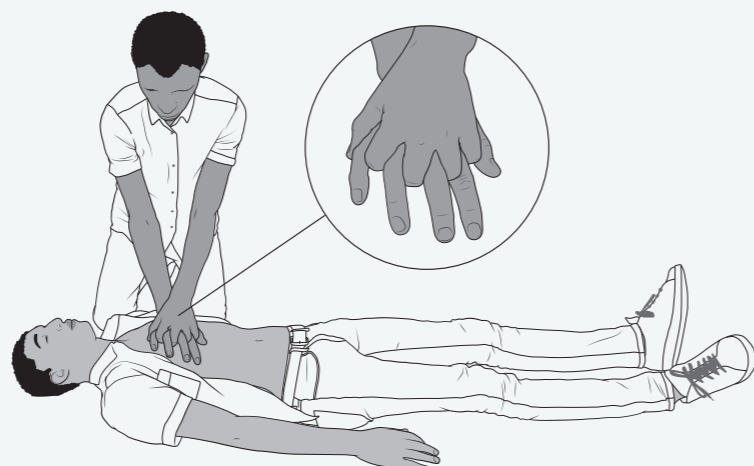
 **Seek help**



 **Provide further first aid**

Adults

30 chest compressions

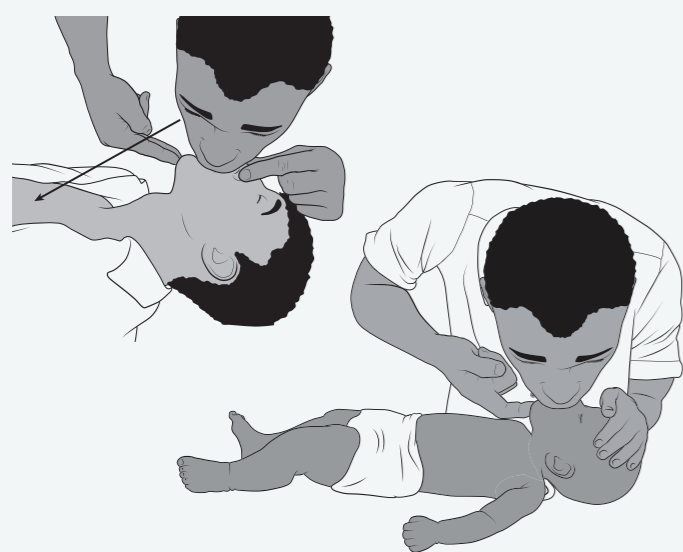


2 rescue breaths

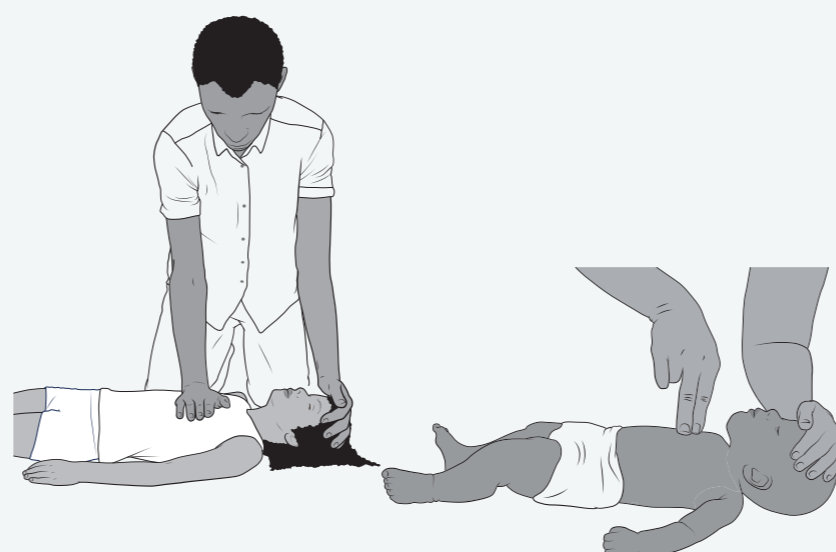


Babies and children

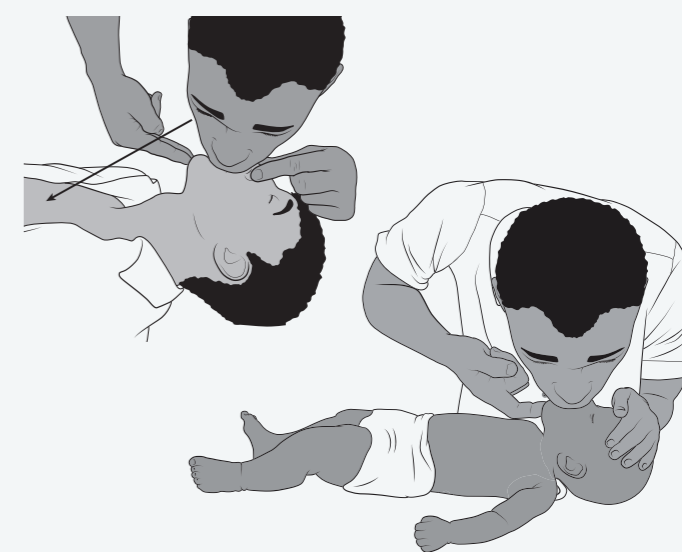
5 rescue breaths



30 chest compressions



2 rescue breaths



Continue until:

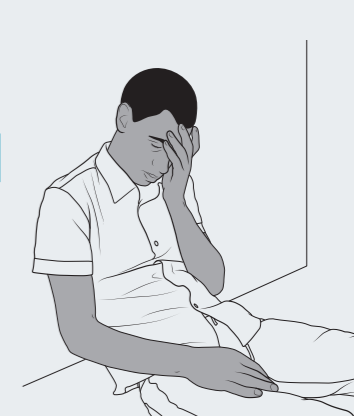
Professional help
takes over



Person breathes
normally again

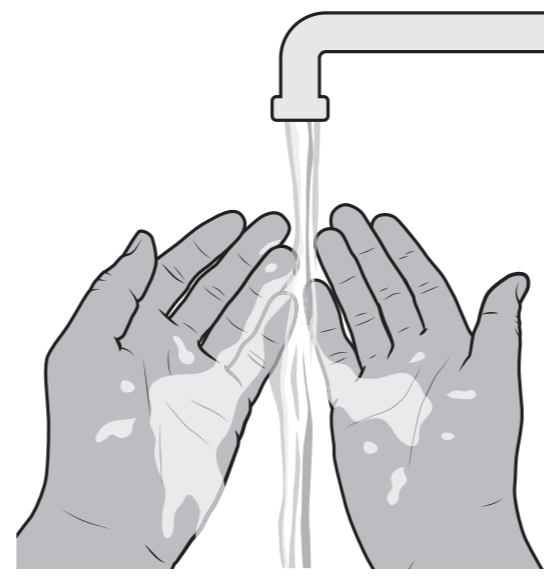


You are too tired
to carry on



Hand-washing

Wet your hands with clean water



Is soap available?

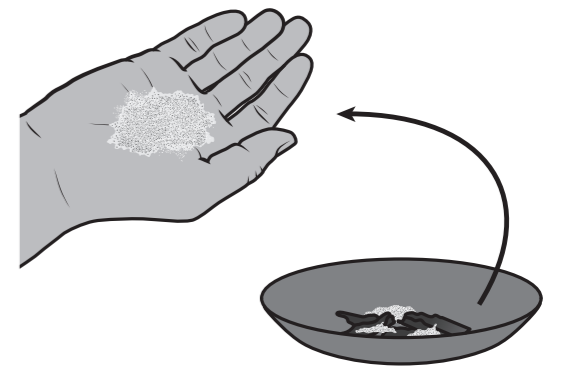
YES

Use soap



NO

Use ash from a clean wood fire



Rub your hands firmly together and wash thoroughly

Rinse your hands



Dry your hands



Total time?



When?

Before and after providing first aid

First aid for bruises and sprains

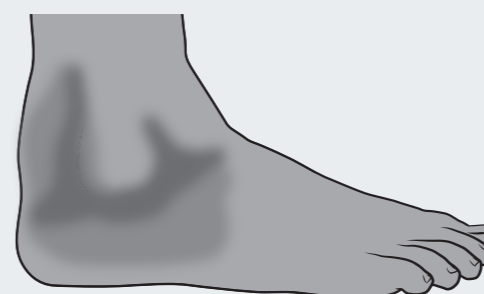
 **Ensure safety**

 **Assess the person's condition**

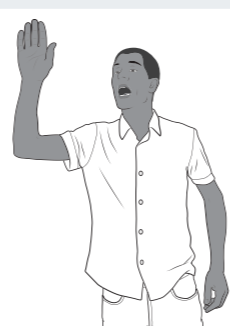
Bruise



Sprain



 **Seek help**

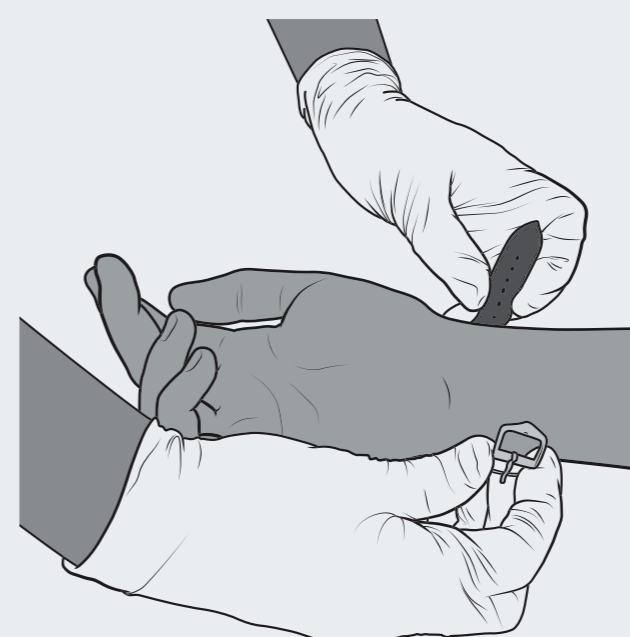


 **Provide further first aid**

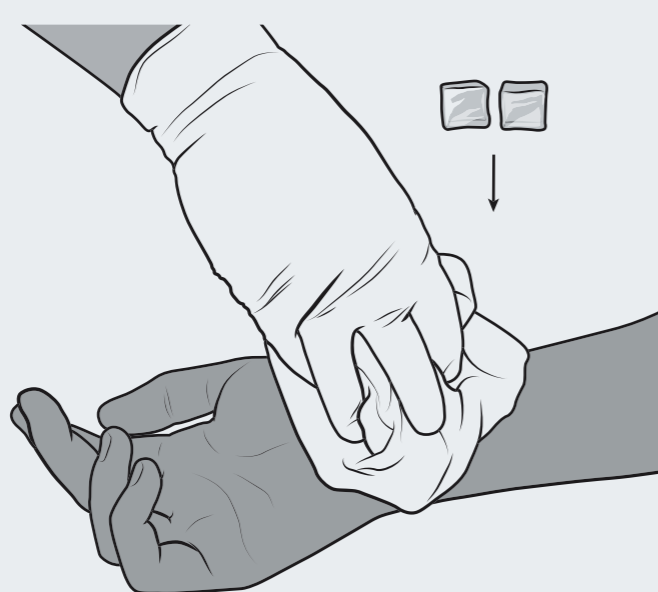
1 Do not move the injured limb



2 Remove jewelry



3 Cool the injury



4 Arrange medical attention, if necessary



First aid for fractures and dislocations

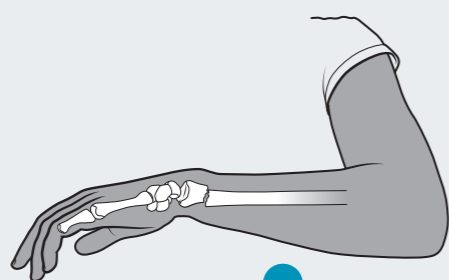
 **Ensure safety**

 **Assess the person's condition**

Skin wound at the site of the fracture or dislocation ?

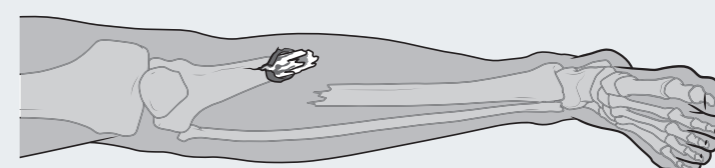
NO

Closed fracture / dislocation

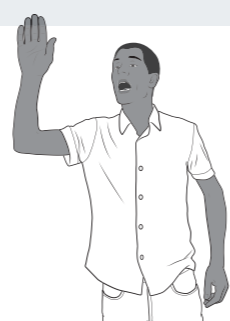


YES

Open fracture / dislocation



 **Seek help**



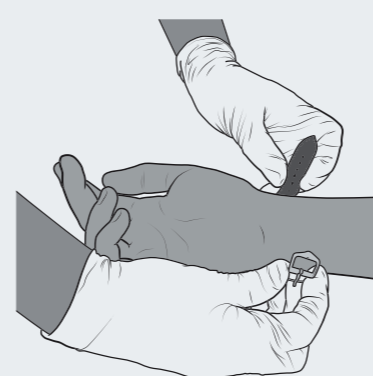
 **Provide further first aid**

1 Do not move the injured limb



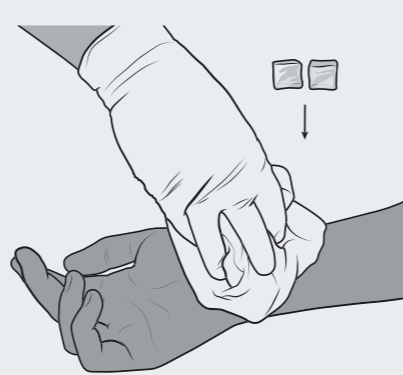
Do not move the injured limb **1**

2 Remove jewelry



Remove jewelry **2**

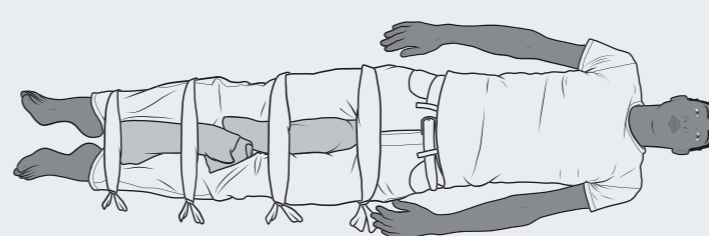
3 Cool the injury



Stop bleeding, cover the wound **3**



4 Immobilise the limb



Immobilise the limb **4**

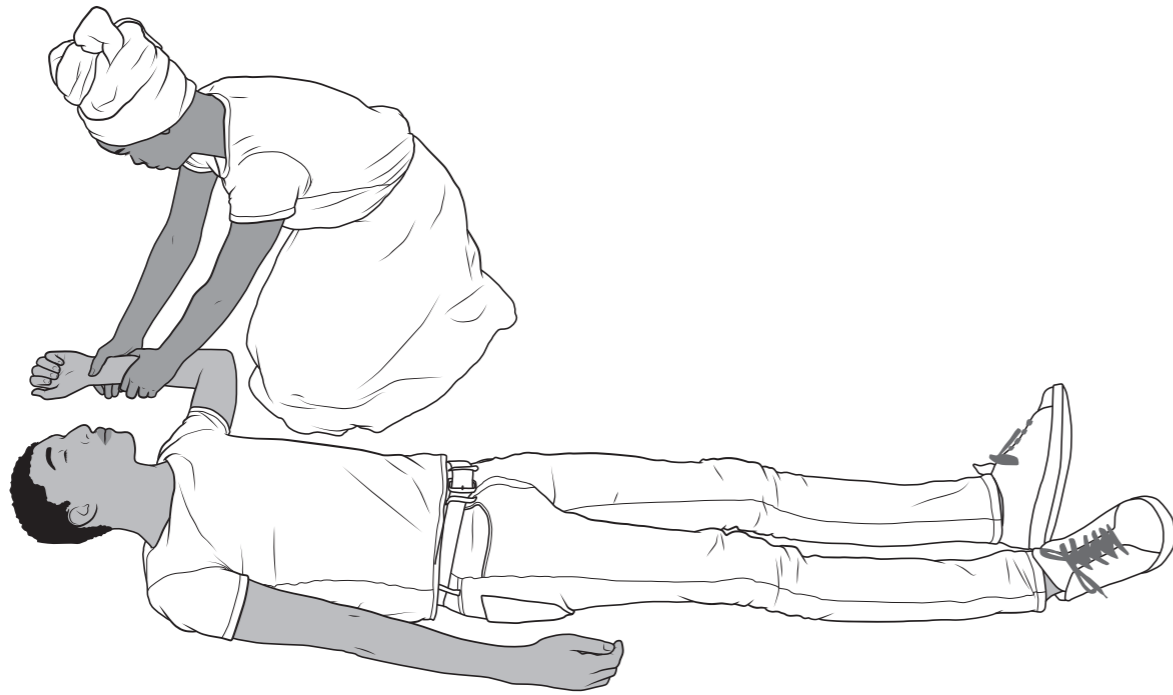
5 Arrange medical attention



Arrange medical attention **5**

Recovery position

1



2



3



4



5



6



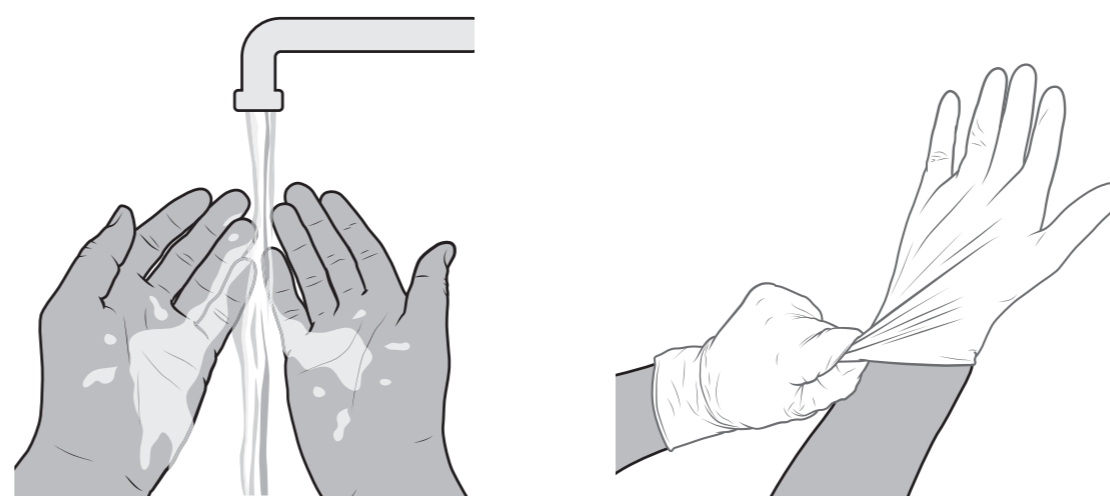
7

Check consciousness and breathing every minute

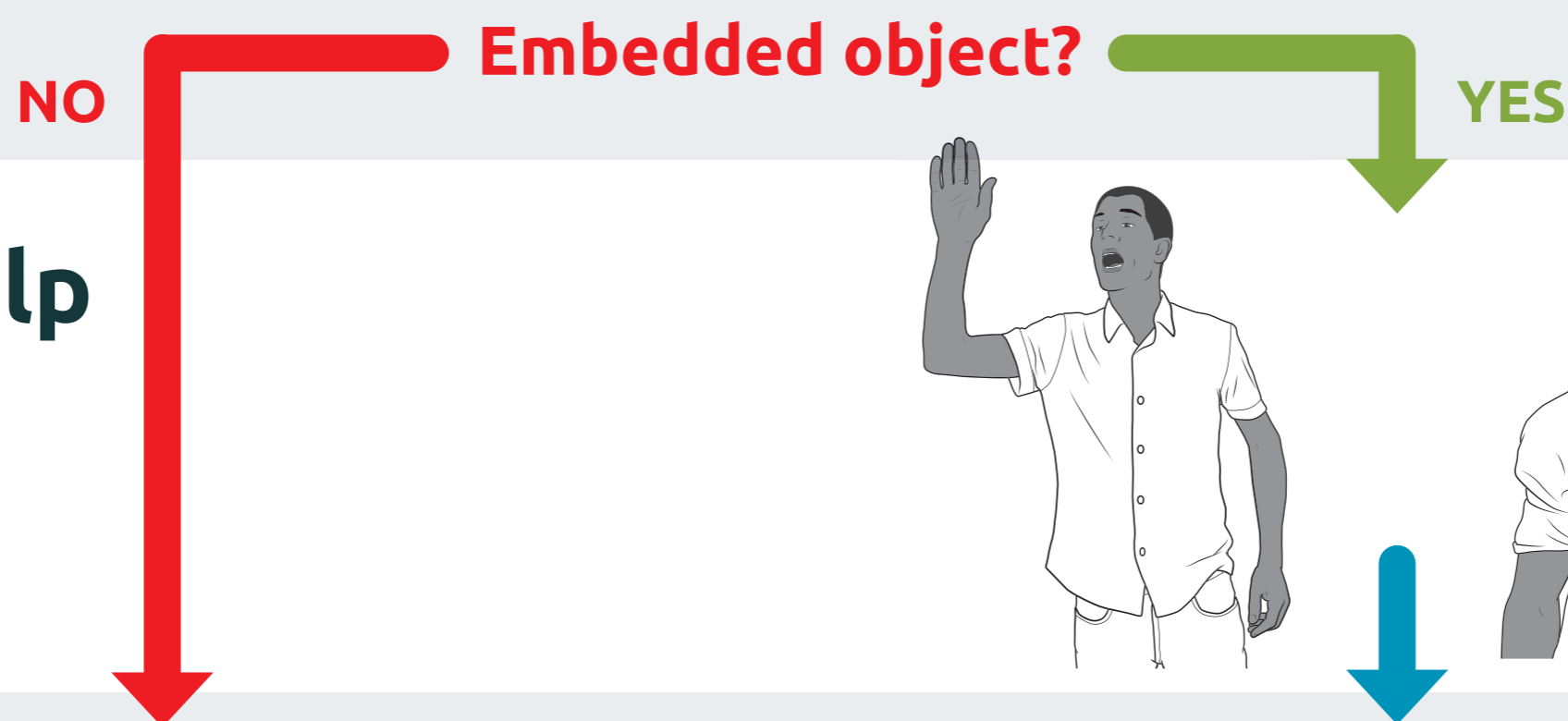


First aid for skin wounds

Ensure safety



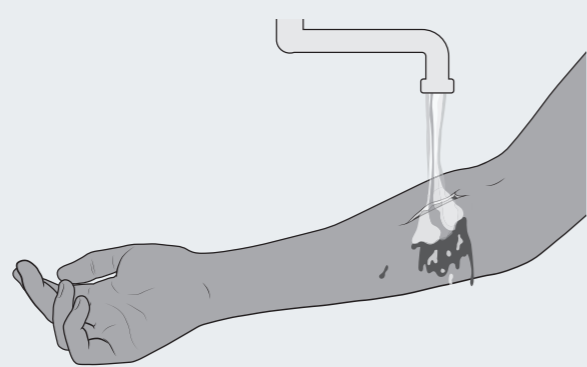
Assess the person's condition



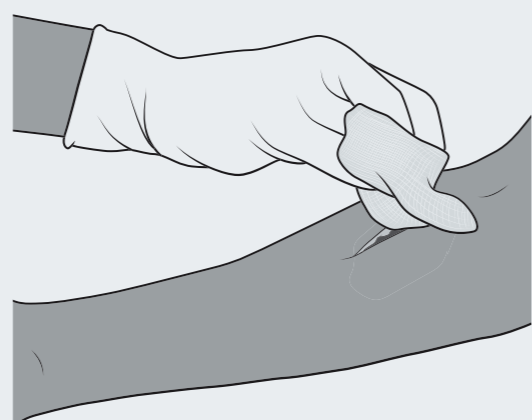
Seek help

Provide further first aid

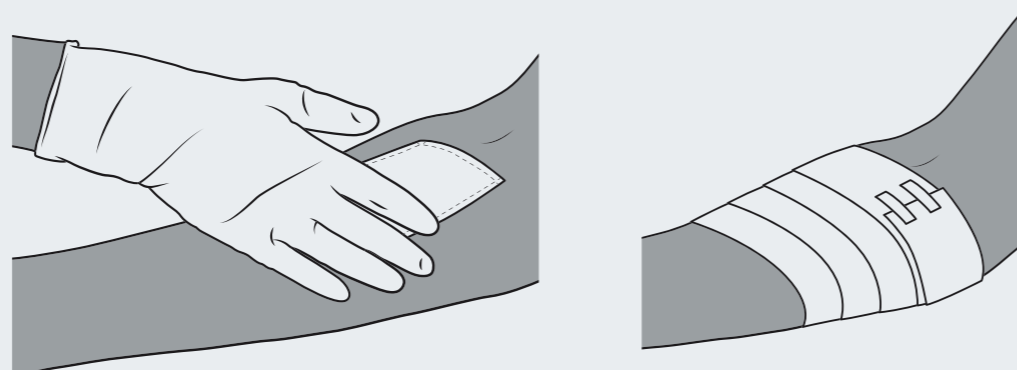
1 Rinse



2 Clean



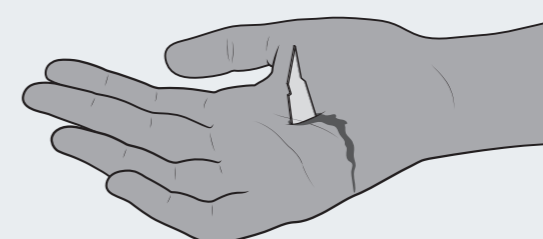
3 Cover



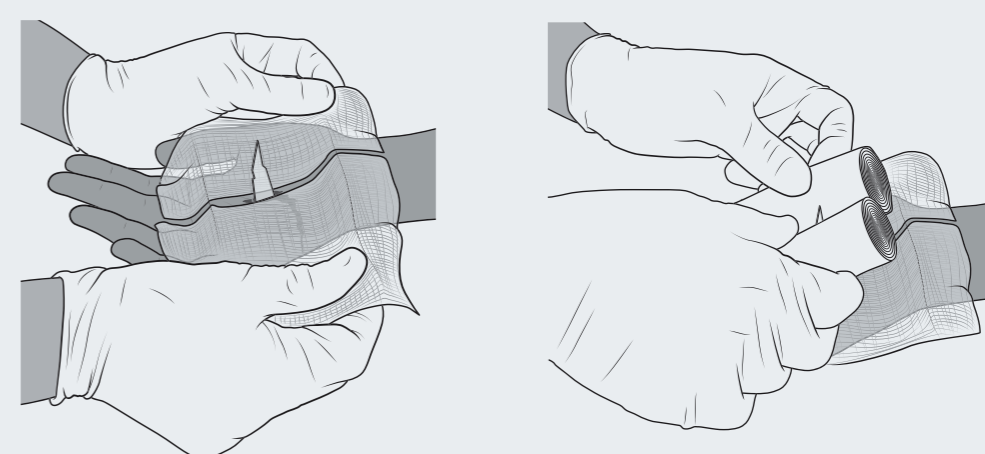
4 Arrange medical attention, if necessary



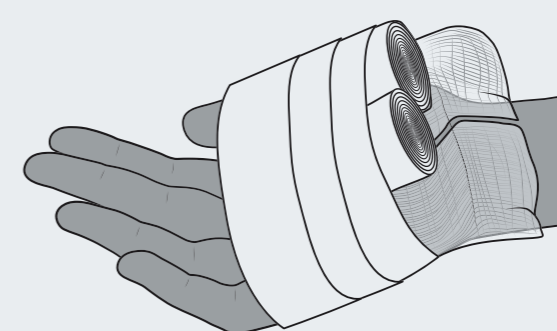
1 Do not remove the object



2 Prevent the object from moving



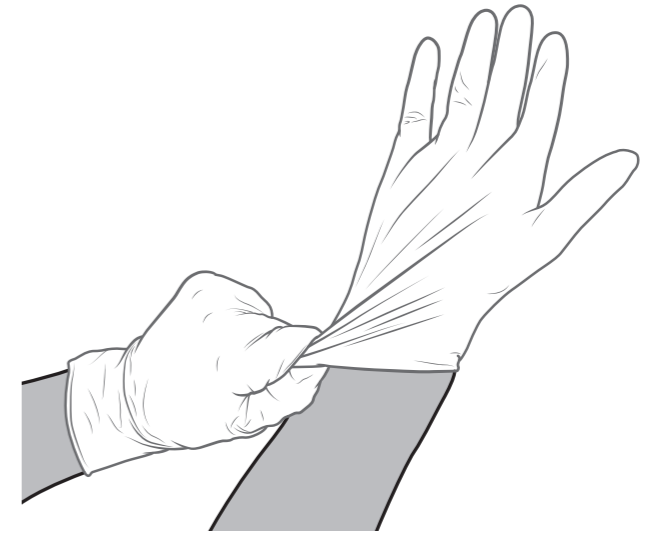
3 Arrange medical attention



First aid for severe bleeding



Ensure safety



Assess the person's condition

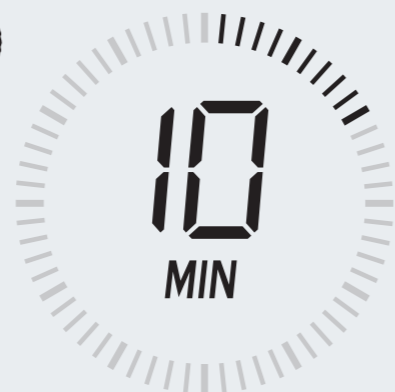


Seek help



Provide further first aid

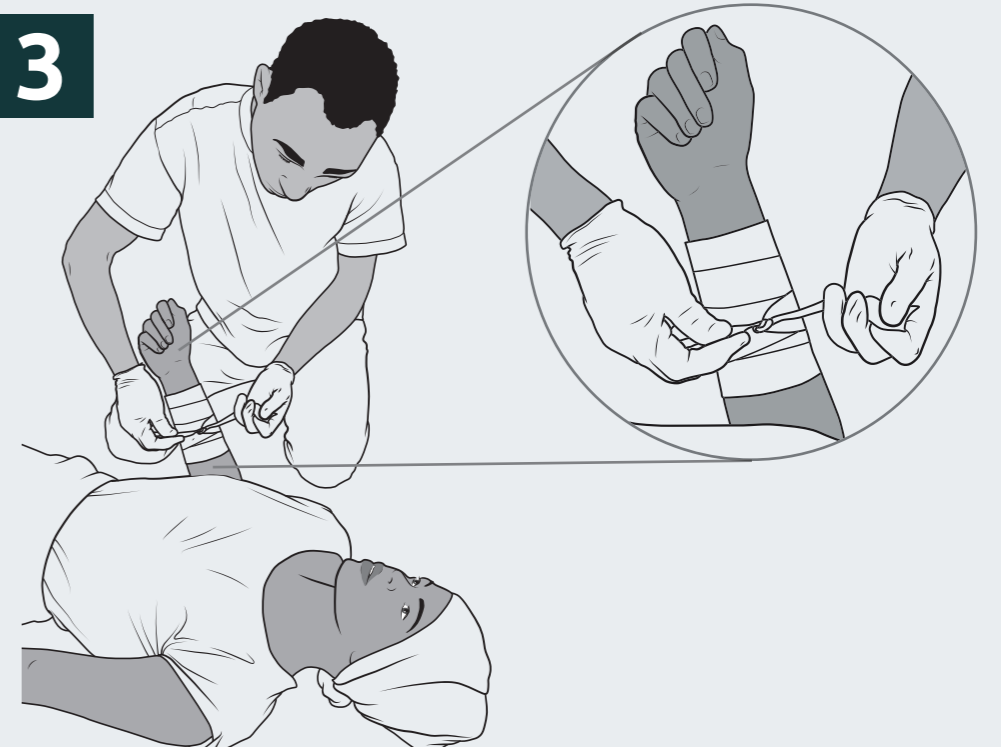
1



2



3



Nose bleed

