

# for **CUTS** & **SCRAPES**

**1**

## **STOP THE BLEEDING**

- Apply gentle Pressure with sterile gauze or clean cloth
- Elevate the wound above the heart.
- Do not lift the gauze or cloth the check if the bleeding has stopped; this can restart bleeding.
- If blood is spurting or continues to flow despite pressure and elevation, seek immediate professional medical assistance



**2**

## **CLEAN THE WOUND**

- Rinse the wound with clean water.
- Do not use soap, iodine, alcohol or hydrogen peroxide: this can irritate the wound.
- If dirt or debris remain in the wound after rinsing, use sterile tweezers to gently remove the dirt/debris; if this fails, seek professional medical attention to remove the dirt/debris.



**3**

## **APPLY ANTIBIOTIC**

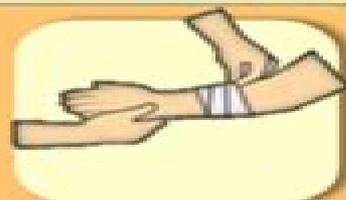
- Once the wound has stopped bleeding and has been rinsed clean, apply a thin layer of antibiotic cream or ointment to the wound.
- If a rash results from use of the antibiotic, discontinue use of the ointment and seek professional medical attention.



**4**

## **Cover the Wound**

- Keep the wound covered with an adhesive bandage or sterile gauze as it heals; this will keep the wound clean and prevent infection.
- Change the wound covering twice daily and keep the wound clean.



**5**

## **SEEK IMMEDIATE PROFESSIONAL MEDICAL ATTENTION IF THE WOUND ...**

- a. Is more than  $\frac{1}{4}$  inch deep or is gaping.
- b. Has a jagged edge or fat/muscle tissue is visible.
- c. Become irritated or infected ( has increased redness, swelling, drainage or pain ).
- d. Is deep or dirty or it has been more than 5 years since your last tetanus shot.



# Can You Give First Aid

**AW Rasmussen**



**Can You Give First Aid:**

## Embracing the Beat of Appearance: An Psychological Symphony within **Can You Give First Aid**

In some sort of eaten by screens and the ceaseless chatter of instantaneous conversation, the melodic beauty and mental symphony developed by the written term usually diminish into the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. However, situated within the pages of **Can You Give First Aid** a stunning literary prize overflowing with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that charming masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths with this emotional evaluation, we can investigate the book is main harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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