

## BLEEDING



Apply direct pressure to the wound using a sterile gauze pad or clean cloth.

Elevate the injured area above the level of the heart if there is no fracture.

Cover the area with a pressure bandage. If bleeding does not stop, apply additional dressings.

If necessary, apply pressure to the artery with your hand.

## BURNS



Stop the burning. Remove the person from the source of the burn.

Cool the burn. Hold the burned area under cool (not cold) running water or immerse for 10 to 15 minutes.

Use cold compresses if water is not available.

Cover the burn. Cover the burn with non-adhesive sterile bandage or clean cloth.

Prevent shock. Lay the person down and elevate legs.

## FRACTURES



Help support the injured area. Stop any bleeding by applying pressure with a sterile bandage or clean cloth.

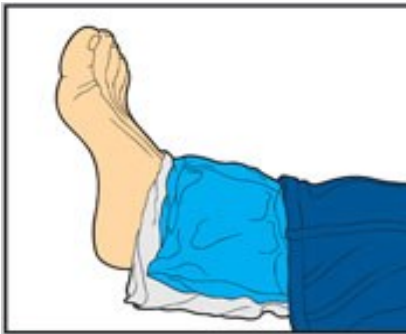
Check for feeling, warmth and color below fracture.

Immobilize the injured area. Apply a soft or hard splint above and below the fracture.

Apply ice or cold packs and elevate.

Treat for shock. Lay the person down and elevate legs.

## SPRAINS



Apply ice or cold packs wrapped in cloth to protect the skin.

Compress by lightly wrapping an elastic bandage around the injured area.

Elevate the injured area above the level of the heart to reduce swelling.

# BASIC FIRST AID

## EYE INJURY



Don't rub the eye.

For any chemicals in the eyes, immediately flush the eyes with lots of water.

For a foreign particle such as dirt, sand, or sliver of wood or metal, have the person pull the upper lid down, blink repeatedly and flush the eye with water.

## SHOCK



A life-threatening condition that occurs when the body is not getting enough blood flow.

Lay the person down on his or her back.

If it does not cause pain or injury, elevate the feet 12 inches. Check for signs of breathing, coughing, or movement. If absent, call 9-1-1 and begin CPR.

Keep the person warm and comfortable. If choking, vomiting or bleeding from the mouth occur, turn the person on their side.

## CHOKING



Signs of choking: The person is clutching his or her throat, unable to breath or talk. Skin, lips and nails may be turning blue.

Perform abdominal thrusts by standing behind the person and wrapping your arms around the waist. Make a fist with one hand and position it just above the navel. Grab the fist with the other hand and pull hard into the abdomen with quick upward thrusts. Repeat until object dislodges.



BAINBRIDGE ISLAND FIRE DEPARTMENT

In an emergency  
CALL 9-1-1