

FIRST AID

A basic knowledge of First Aid is vital in ensuring the safety of your family as well as yourself.

safety tips

Before an accident occurs, it is best to be prepared. Here are some safety measures that you can take:

preparing

Emergency Contact Numbers: Make a list of emergency contact numbers and put a copy near each phone and in each First Aid Kit.

Family Discussions: Discuss various emergency situations with your family and develop an emergency plan of action for these situations.

Teach Children: Take time to teach your kids when and how to call emergency contact numbers. Be sure they memorize their address and phone number.

Quick and proper action can save lives!

ABC CHECK

a

Airway

Clean the airway by carefully placing the person on his back. Then open the mouth by gently tilting the head back. Remove any blockage of the airway such as secretions or foreign objects. If you suspect a head, neck or back injury, pull the jaw forward but avoid moving the head or neck.



b

Breathing

Check for signs of breathing by putting your ear close to the person's nose and mouth, or by feeling for breath using your own hands for 5 seconds. Look for chest movement. If victim is not breathing, do Mouth-to-Mouth Resuscitation.



c

Circulation

Check victim's pulse. Put two fingers at his wrist or just below the angle of the jaw. If there is no pulse coming from the victim, do CPR (if you have proper training).



FIRST AID KITS

Keep a well-stocked First Aid Kit at home.

Medicinal Solutions

Calamine lotion

Antiseptic solutions

Antibiotic ointment

Balm or menthol

Petroleum jelly

Antihistamine cream

Hydrocortisone cream

Aspirin or Paracetamol tablets

Acetaminophen or Ibuprofen

Loperamide hydrochloride, attapulgit

Rubbing alcohol or Hydrogen Peroxide

Eye wash or saline eye drops



Tools

Thermometer

Tweezers

Safety pins

Cold packs

Matches

Flashlight

Disposable surgical gloves

Scissors with rounded tips



Dressings

Sterile gauze

Paraffin gauze

Rolls of gauze

Adhesive tape

Elastic bandages

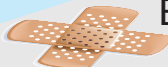
Adhesive bandages or plasters

Crepe bandages (for sprains)

Sterile cotton batting

Triangular cloth bandages (for slings)

Cotton balls and swabs



Source: Blue Cross Vietnam Health Book

