

FIRST AID



CHOKING

Foreign body (food, toys, etc.) blocked in the airway, impeding the air passage.

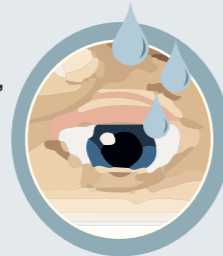
- ✓ Encourage the person to cough and incline him or her forwards, give 5 sharp blows between the shoulder blades, and if this does not work perform the Heimlich manoeuvre.
- ✓ Repeat this process until the object emerges from the mouth.



FOREIGN BODIES IN THE EYES OR SPLASHES

When particles or substances (dust, metal shavings, liquids, etc.) enter the eyes.

- ✓ Wash eyes with plenty of water.
- ✓ Cover the eyes with a gauze and go to a health facility.



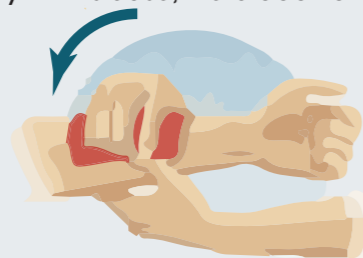
DO NOT RUB THE EYES
DO NOT TRY TO REMOVE THE FOREIGN OBJECT
DO NOT APPLY EYE DROPS OR CREAMS



HAEMORRHAGE

Loss of blood, inside or outside of the body. In this case, the blood flows out of a natural opening (mouth, nose, etc.) or through a break in the skin.

- ✓ Apply direct pressure on the bleeding area (approx. 10') and elevate the limb.
- ✓ Apply a plaster or dressing and go to a health facility.



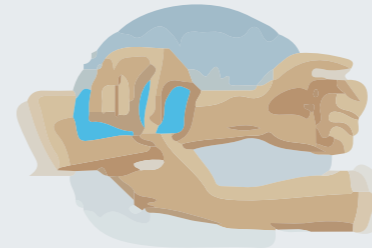
DO NOT REMOVE THE OBJECT THAT HAS CAUSED THE INJURY
AVOID MAKING A TOURNIQUET



BRUISING

Mild: A slight blow that does not produce any exterior injury or bone fracture.

- ✓ Apply cold water for 15' each hour.

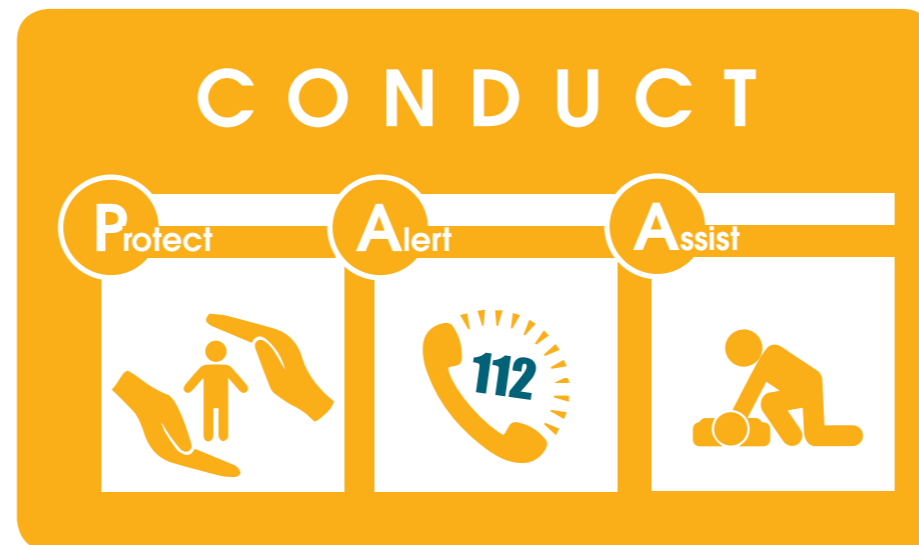


DO NOT HANDLE IF A BRUISE EMERGES

Moderate or severe: Due to a high-energy blow, with the potential to cause an exterior injury or bone fracture.

- ✓ Apply PAA.

DO NOT MOVE



INJURIES

Break in continuity of the skin surface, due to a trauma (blow, cut, etc.)

- ✓ Clean with soap and water or physiological saline.
- ✓ Apply an antiseptic.
- ✓ Cover the injury with sterile gauze pads or a clean cloth.
- ✓ If it is bleeding, apply direct pressure.



DO NOT APPLY ALCOHOL, CREAMS, ETC.

GENERAL CONDUCT

Reassure the person and lay him or her down
Wash your hands
Protect your hands with gloves or another shielding material
Go to a health facility



INTOXICATION

The entry of toxic substances inside the body. The path of entry can be:

Respiratory (inhalation):

- ✓ Move the victim away from the toxic environment.

Cutaneous (contact with the skin):

- ✓ Remove any clothes in contact with the toxic substance and clean the skin with plenty of water and soap.



Digestive (ingestion):

- ✓ Keep calm and keep an eye on the state of the victim.
- ✓ Gather all information possible on the toxic substance.

DO NOT INDUCE VOMITING
AVOID THE INTAKE OF FOOD



BURNS

Caused by a thermal effect due to a source of heat, cold, chemical products or electricity. The severity depends on the extent of the burn and its depth.

- ✓ Move away from the origin or source.
- ✓ Apply water abundantly (10' minimum). If the burn is a result of a cold source, immerse the affected area in warm water (37.5°C - 40.5°C).
- ✓ Cover the area with a cold cloth.



DO NOT APPLY CREAMS, HOME REMEDIES OR ICE
DO NOT POP BLISTERS