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.

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.

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 REMOVE THE OBJECT THAT HAS CAUSED THE INJURY
AVOID MAKING A Tourniquet

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 (37.5ºC - 40.5ºC).
- Cover the area with a cold cloth.

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

C O N D U C T

Protect
Alert
Assist
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