

First Aid Tips for Handling Emergency Injuries

1. Handle Cuts and Bleeding Quickly

Apply firm, steady pressure with a clean cloth to slow bleeding, then rinse the wound with clean water and cover it with a fresh dressing. If blood soaks through, layer over the existing dressing rather than removing it, and seek medical attention for deep wounds or those involving dirty debris.



2. Cool Burns and Protect the Skin

Run minor burns under cool water for several minutes to reduce damage and ease pain, then cover loosely with a clean nonstick dressing. Avoid home remedies like butter or oils. Large, deep, or facial burns require prompt medical evaluation, and clothing stuck to a burn should never be pulled away.



3. Support Sprains, Strains, and Minor Falls

Rest the injured area immediately, apply a cloth-wrapped cold pack, use light compression if needed, and elevate the limb when possible. If pain is severe or the person cannot bear weight, treat it as a potential fracture, keep the limb still, and seek medical help.



4. Respond to Head Bumps Carefully

Even minor head bumps require close observation, rest the person, and watch for confusion, vomiting, worsening pain, or unusual drowsiness, all of which signal the need for immediate medical attention. Children and older adults may not communicate symptoms clearly, so careful observation is especially important.



5. Treat Blisters and Scrapes Before They Grow Worse

Clean scrapes with safe water and cover them right away to prevent infection, while blisters should be protected, not popped, using a moleskin pad or clean bandage to reduce friction. If a blister opens on its own, clean it gently and keep it covered while it heals.



6. Watch for Heat Exhaustion and Dehydration

Heat exhaustion can build gradually. You may notice heavy sweating, then weakness, dizziness, nausea, or a headache. You should stop what you are doing and move to a cooler place. If symptoms worsen, treat it as a heat stroke emergency and seek immediate help.



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