

PRINTABLE FIRST AID POSTER

FIRST AID



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 dressing 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 burned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses if water is unavailable.
- Cover the burn. Cover burn with non-adhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.



FRACTURES

- Help the person support the injured area. Stop any bleeding by applying pressure with 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 the legs.



SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under) to protect the skin.
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.



EYE INJURIES

- Don't rub the eye.
- For a foreign particle such as dirt, sand, or silver or metal filing the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eyes immediately wash the eyes with lots of water.



SHOCK

- Help the person lie down on his or her back.
- Elevate the feet about 12 inches, raising the feet above the person's knees. Keep him or her flat.
- Check for signs of breathing or movement, and if absent:
- Keep the person warm and
- Turn the person on his or her side to prevent choking if the person bleeds from the mouth.



CHOKING

Signs of choking

- The person has hands clutching his or her throat, unable to breathe or talk, or skin, lips, and nails are turning blue.

Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrap your arms around the waist.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver, shoving your fist inward and upward quickly.
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.



CPR

- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.

Compressions - Begin compressions

- If face down, put the person on his or her back, while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minute.



Airway - Clear the airway

- If trained for CPR, after 30 compressions, open the person's airway by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathing sounds.



Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise, repeat the head tilt, chin lift, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement, or emergency personnel take over.



First Aid Manual For Kids Chart

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First Aid Manual Jon R. Krohmer, 2004 A manual for diagnosing illnesses and injuries and acting in emergency situations provides techniques on treating burns wounds muscle injuries shock bites concussions and poisoning **Normal Instructor and Teachers World**, 1924 **Handbook for Scout Masters, Boy Scouts of America** Boy Scouts of America, 1914 Safe Kids Vivian Kramer Fancher, 1991-09-03 With immunization against major childhood diseases widely available parental concerns in the nineties are focused on safety issues A handbook and working reference for parents of children from birth through high school Using positive guidelines rather than a list of do s and don ts the book will help you provide your child with a sense of security and the ability to act and react in challenging situations Topics covered include school street transportation recreation and medical safety spending time at home alone sexual abuse and more Parents and children will learn how to handle the hazards of today s complex world **Kid's Outdoor Survival Handbook: Fire, Shelter, Water, and Wilderness Skills Revealed** Hollis Morales, 2025-04-02 Kid s Outdoor Survival Handbook Fire Shelter Water and Wilderness Skills Revealed Imagine a world where kids are equipped with the knowledge and skills to thrive in the great outdoors Kid s Outdoor Survival Handbook Fire Shelter Water and Wilderness Skills Revealed is a captivating and comprehensive guide designed to empower young adventurers This book offers a treasure trove of essential survival techniques and practical advice making it an indispensable companion for children eager to explore nature This handbook is meticulously crafted to ensure that young readers can easily understand and apply the skills needed to survive and enjoy their outdoor experiences From building a fire to constructing a shelter sourcing clean water and navigating through the wilderness each section is filled with step by step instructions helpful tips and engaging illustrations The content is presented in a fun and interactive manner encouraging kids to learn through hands on activities and real life scenarios The target readers for this handbook are children aged 8 to 12 along with their parents and educators who want to foster a sense of independence and confidence in the younger generation This book is perfect for kids who love spending time outside whether it s camping hiking or simply exploring their backyard Manual for Leaders, Pioneers Young Men's Christian Associations. International Committee. Boys' Work Dept, 1920 **A Parent's Guide to Child Care** Suresh Keshan, 2000-02-17 An ideal book for anyone who recently has had or is going to have a child The book is designed in such a way that it not only teaches but enables the parents enjoy child care It guides parents to convert the cycle of negativity into positivity whether it is regarding feeding or schooling or toilet training The book is designed in such a way that it not only teaches but enables the parents enjoy child care It guides parents to convert the cycle of negativity into positivity whether it is regarding feeding or schooling or toilet training An ideal book for anyone who recently has had or is going to have a child The book is designed in such a way that it not only teaches but enables the parents enjoy child care It guides parents to convert the cycle of negativity into positivity whether it is regarding feeding or schooling or toilet training The book is designed in such a way

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