

10 Basic First Aid Tips (Most Used)



- Bleeding: Apply pressure
- Burns: Cool the area
- Fractures: Immobilize the area
- Sprains: Rest, ice, compression, elevation
- Heat stroke: Get to a cool area
- Heart attack: Call 911



REMAIN CALM

It is important to stay calm when providing first aid, as this will help you think clearly and act quickly.

ASSESS THE SITUATION

Take a few moments to assess the situation and determine what the person's needs are.

STOP BLEEDING IMMEDIATELY

If you notice any blood coming out of a wound, stop the bleeding! If possible, use a clean cloth or bandage to apply pressure directly over the wound. Do not try to suck the blood away from the wound; instead, cover the wound with a clean cloth or bandages.

CALL FOR HELP

If the person's condition is serious, call 911 or your local emergency number for medical assistance.

CLEAN WOUNDS

Wounds should always be cleaned before they are covered. Use soap and water to wash the area around the wound. Washing the wound may help prevent infection.

COVER WOUNDS

Covering a wound helps keep dirt and germs away from the wound. A sterile dressing (such as gauze) should be applied over the wound. Keep the dressing dry and change it often.

SEEK MEDICAL ATTENTION IF NECESSARY

Seek medical attention if the wound does not heal properly after cleaning and covering it.

