



## Basic Rules of First Aid

- 1. Stay calm.**
- 2. Check whether your surroundings are safe.** Don't put yourself or the injured person at risk.
- 3. Decide if you or the injured person needs medical aid; ask for advice if not sure.**
- 4. Reassure the injured person,** if they are severely injured and under shock, and keep them warm. Stay with the injured person, keep them comfortable and don't move them if you suspect an injury to the back or neck. Call for medical help in that case.
- 5. Tell the medical experts as much information** about the accident and symptoms as you can. Also, if you know about allergies or blood group or vaccinations or medical condition of the person (i.e. if they are on medication).
- 6. Wash your hands before attending to the wound** and wear disposable gloves to protect yourself and to prevent infections.
- 7. Clean the wound carefully, wiping away any dirt and grit. Use a clean cotton cloth with a disinfectant or rinse with cold water, then pat area dry before applying a clean dressing.** Do not remove embedded objects, leave that to medical staff.
- 8. Keep your first aid kit up to date.** Do not forget to replace any items you use from your first aid kit and check expiry dates regularly.