

## ♥ Emergency Bleeding Control (Direct Pressure)

※ Losing 20% or more of the normal amount of blood in your body causes hypovolemic shock. Losing 30% may even cause a person to death.

Therefore, immediate treatment is required during severe blood loss.

### ① Determine the Wounded Area.

### ② Apply Firm Pressure Directly to the Wound.

※ Use a pad of clean gauze, dressing, or clothing. Place your hand over the pad and apply firm pressure with fingers or a hand to the wound.

※ If bleeding doesn't stop, pressure with both hands.

※ Protect yourself from infection by wearing disposable gloves and covering any wounds on your hands.

※ Do not tie the victim's wrist and ankles with thin strings or wire. It may cause damage to muscles and nerves.



## ♥ Emergency Treatment for Other Injuries

### ★ Fracture

※ Symptoms

- Severe pain and difficulty in movement
- Deformity
- Pieces of the broken bone are sticking out through the skin.

### ① Determine the Broken Area

※ Ask the victim where the injured area is.

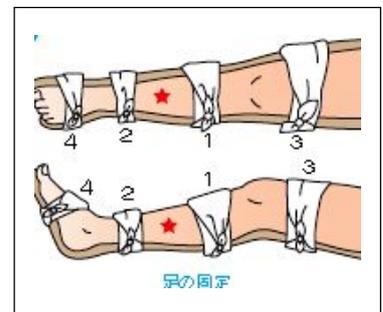
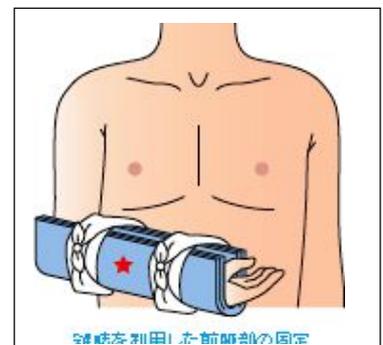
※ If possible, check whether the injured area is deformed or bleeding.

### ② Immobilize the Injured Area

◎ Don't try to realign the bone or push a bone that's sticking out back in.

◎ To keep the broken parts still, make a temporary splint by taping a ruler or other support to the limb or area of the body that has been injured.

※ Notice the victim when immobilizing.



## ★ Cuts and Scrapes

### ☆ Treatment

- ※ If dirt remains in the wound, rinse out the wound with clear water.
- ※ Cover the wound with clean gauze to protect the wound and discourage infection.

## ★ Burn

### ☆ Treatment

- ◎ Immediately cooling the burn will comfort the damage and prevent from becoming worse.
- ※ If clothing sticks to the skin, leave it there and cut away
- ※ Don't use ice. Putting ice directly on a burn can cause a person's body to become too cold and cause further damage to the wound.
- ※ Don't immerse large severe burns in cold water for more than 10 minutes. Doing so could cause a drop in body temperature.



## ★ Hyperthermia

- ◎ Hyperthermia is elevated body temperature due to failed thermoregulation that occurs when a body produces or absorbs more heat than it dissipates.
- ◎ When the elevated body temperatures are sufficiently high, hyperthermia is a medical emergency and requires immediate treatment to prevent disability or death.

### ☆ Symptoms

- ◎ Muscle pain in hands and feet, and sudden muscle stiffness are one of the first signs for hyperthermia.
- ◎ Accompanying dehydration can produce nausea, vomiting, headaches, and low blood pressure.
- ※ Hyperthermia not only occurs during a physical activity but also occurs by staying in a hot, confined area for children and elderly.

### ☆ Treatment

- ◎ Place the victim in a cool environment.
- ◎ Remove clothes and cool the body by fan.
- ◎ Apply wrapped ice packs to neck, groin and armpits.
- ※ Drink sports drinks. Sports drinks will minimize the risk of dehydration.

