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.