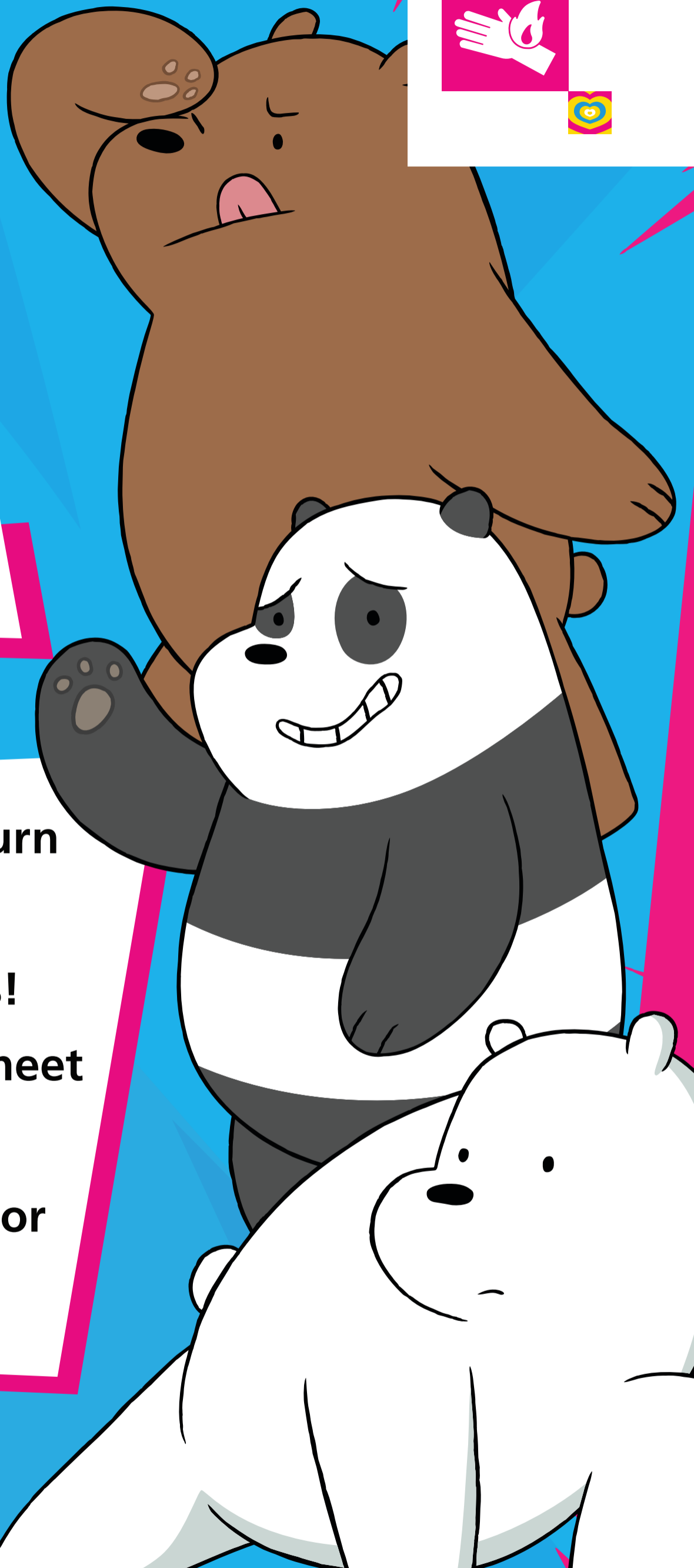




# Surefire steps for treating **BURNS!**

- ▶ Put cool water on the burn for 10 minutes!
- ▶ Do not burst the blisters!
- ▶ Wrap the clean plastic sheet over the burn!
- ▶ Call emergency services or an adult!



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Act quickly when  
someone is

# CHOKING!

- ▶ Call emergency services or an adult!
- ▶ Apply the 5 & 5!  
(5 back blows and 5 inward and upward thrusts)
- ▶ Repeat until cleared!



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Be ready  
in case of

# BLEEDING!

- ▶ Call emergency services or an adult.
- ▶ Ensure your personal safety while helping your friends.
- ▶ Don't remove an embedded object.
- ▶ Pad around the wound carefully but don't touch the wound or put any pressure on it!
- ▶ Raise the wound above your heart if it is bleeding.



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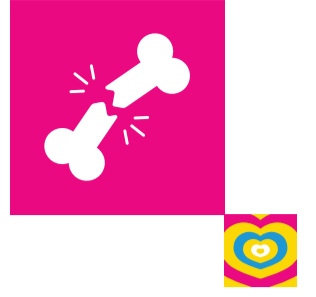


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Keep it together  
when there are

# BROKEN BONES!

- ▶ Call emergency services or an adult.
- ▶ Don't move an injured person until help arrives
- ▶ Find a pillow and ice pack to keep the injured person comfortable.



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