



CALL EMERGENCY SERVICES

1



CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E



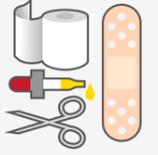
LOCATION



INJURY



FIRST AID GIVEN



EQUIPMENT USED

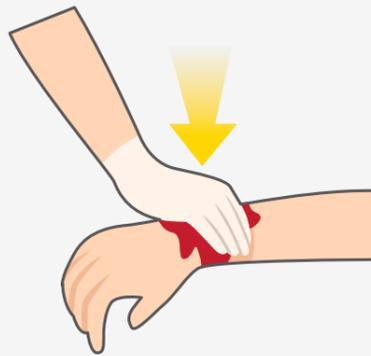
SHARE ABOVE INFORMATION WHEN SPEAKING TO EMERGENCY SERVICES

APPLY PRESSURE

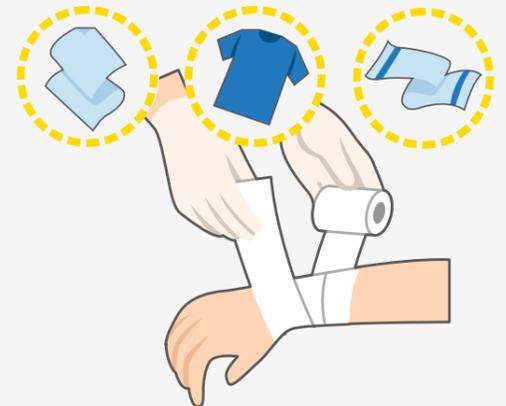
2



PROTECT HANDS WITH GLOVES OR PLASTIC BAG



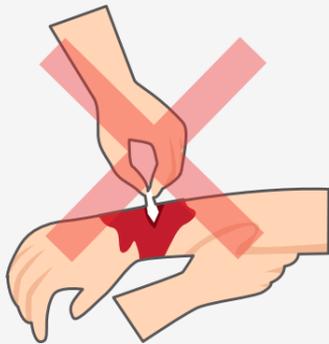
APPLY PRESSURE DIRECTLY TO INJURY



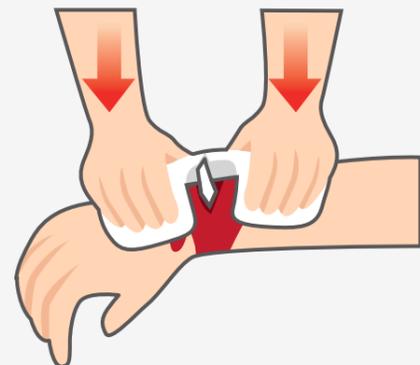
WHEN BLEEDING IS CONTROLLED, WRAP

DON'T REMOVE OBJECTS

3



DON'T REMOVE EMBEDDED OBJECTS



APPLY PRESSURE AROUND THE INJURY

RAISE & KEEP WARM

4



RAISE INJURY ABOVE HEART TO SLOW BLOOD FLOW



KEEP WARM



WAIT FOR HELP TO ARRIVE