

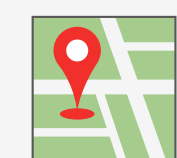


## CALL EMERGENCY SERVICES



CONSULT YOUR LOCAL DIRECTORY

## GIVE L.I.F.E



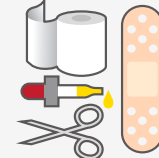
LOCATION



INJURY



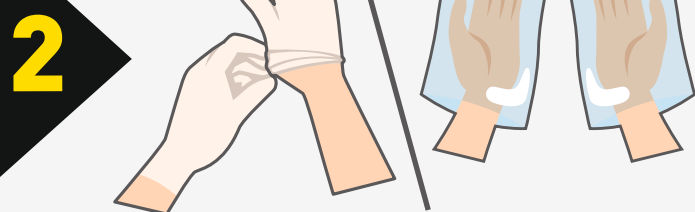
FIRST AID  
GIVEN



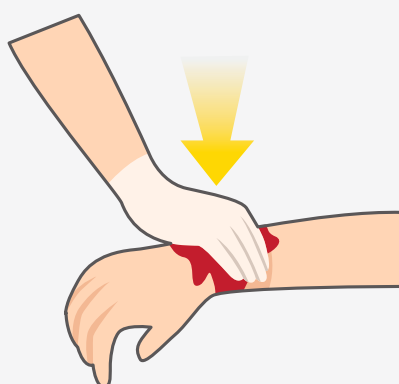
EQUIPMENT  
USED

SHARE ABOVE INFORMATION WHEN  
SPEAKING TO EMERGENCY SERVICES

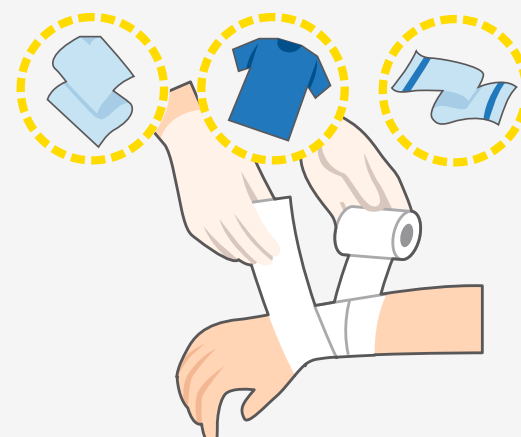
## APPLY PRESSURE



PROTECT HANDS WITH GLOVES  
OR PLASTIC BAG

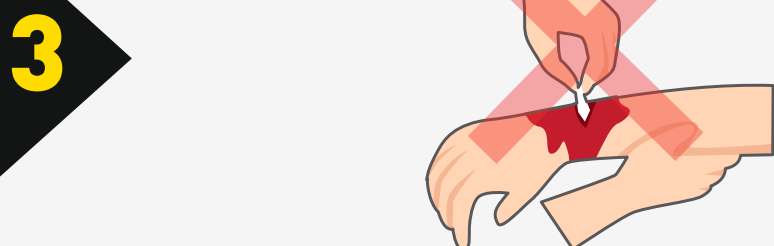


APPLY PRESSURE DIRECTLY TO INJURY

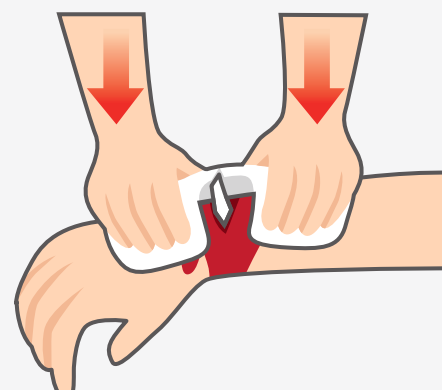


WHEN BLEEDING IS CONTROLLED, WRAP

## DON'T REMOVE OBJECTS

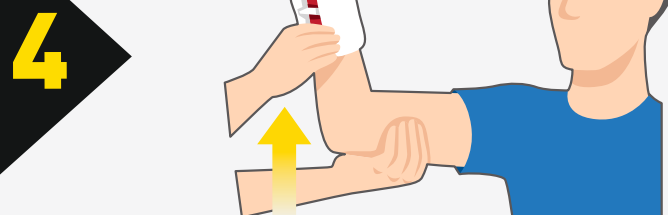


DON'T REMOVE EMBEDDED OBJECTS



APPLY PRESSURE AROUND THE INJURY

## RAISE & KEEP WARM



RAISE INJURY ABOVE HEART  
TO SLOW BLOOD FLOW



KEEP WARM



WAIT FOR HELP TO ARRIVE