



GENERAL SAFETY – CUTS AND BURNS

CUTS

Require immediate professional attention if:

- ⇒ There is severe bleeding especially arterial, which pumps blood from the body.
- ⇒ Puncture wounds, such as those caused by a rusty nail or animal bite. These will require a tetanus booster shot.
- ⇒ Cuts more than one half inch long and one quarter inch deep, which will require stitches.

To treat any cuts, first, stop the bleeding and then treat to prevent infection.

Place a sterile gauze (or if you do not have any gauze, a clean cloth) over the wound and hold it until the bleeding stops.

Apply pressure continuously.

BURNS

Classified as a first, second or third degree. A first-degree burn causes redness. Blistering is caused by a second-degree burn. Charred, blackened, or blanched skin are signs of third-degree burns. Furthermore, burns can be caused by heat (thermal burns) or by contact with chemicals. Seek professional medical treatment for:

- ⇒ All third-degree burns
- ⇒ Second-degree burns involving more than one-fifth of the body or if the burn has affected the face, hands, feet, or genitalia.

First aid treatment for a burn involves relief of pain, infection prevention and treatment or prevention of shock. If a burn begins to blister, cool it by packing your hand or foot in cold water. You will need to use an ice pack on any other part of the body. Gently clean the burn and cover the area with sterile, non-stick gauze. Change the dressing twice a day.

Use common sense in all situations. Maintain a well-stocked first aid kit and be familiar with first aid procedures.

Being knowledgeable and prepared may be the smartest first step of all!