First aid for fighting men : your life and those of your comrades may depend upon your having this card always at hand / by command of the Army Council, the War Office.

Contributors

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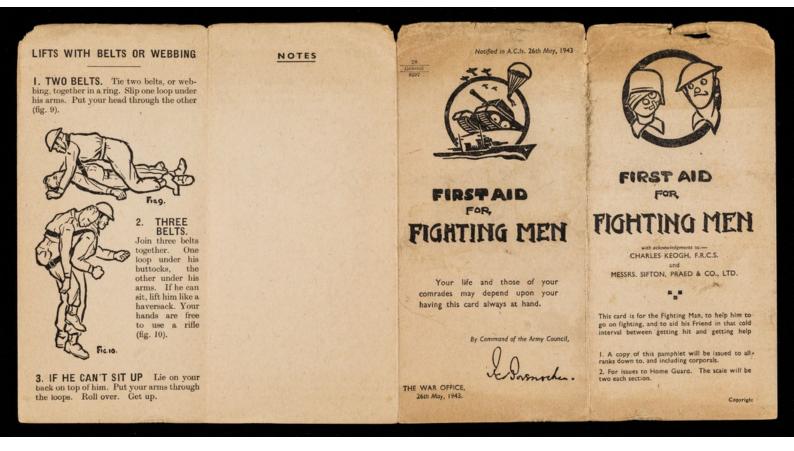
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I. FIRST AID IS COMMON SENSE plus a little specialized knowledge. First Aid saves

lives and stops panic. 2. A LIGHTLY WOUNDED MAN, if given First Aid, can go on fighting. Act quickly. 3. A BADLY WOUNDED MAN looks pale' and sweaty. Be prepared for this. Treat him like a child. Calm him. Calm the men in your post. This is First Aid.

4. WOUNDS CAN LOOK FRIGHTFUL. Be Remember modern Sur-ers. Nature does her best prepared for this. Re-geons can do wonders. to heal all wounds. But give Nature a chance. Stop wounds getting worse. That is your job. That is First Aid.

job. That is First Aid. 5. DON'T DISTURB A WOUNDED MAN too much unless you have to. Nature will tell him how to lie in the safest and most omfortable position.

6. LOOK, THINK, AND THEN ACT. There may be three men wounded at once. Tro the most urgent first. Keep under cover. Treat If mechanized, turn off petrol. Look out for falling walls. Any fool can be brave and get killed; be brave and don't get killed, and save your friend instead. Look, think, and then

7. STOP BLEEDING. A man bleeds to death very quickly. Stop it with your hands. There is no time to wash. Put your fist into the wound. Hold it there. This gives you time. Stuff in a piece of cloth or field dressing. The a bandage over it tight. Use another field dressing or strips of cloth for this. Any-7. STOP BLEEDING. A man bleeds to death



thing will do-but be quick (fig. 1). Remember, steady pressure stops anything except a big artery.



a life and a limb. It can also kill a limb. Loosen a tourniquet every quarter of an hour. Four times an hour. If you don't, the limb will die. So don't put one on unless you have t

10. IN WAR, a wounded man may be hours or days before he gets to a Surgeon. If before he gets to a Surgeon. If ever you put on a tourniquet, put a label on. Write "Tour-niquet applied 9 a.m. Tues-day. Loosen four times an hour. Tighten again if bleed-ing starts." Fix the label where it can be seen. **II. BROKEN BONES.** Place the limb in its most natural position and you can't go wrong. Don't let a broken limb flap. Sharp ends of broken bone can cut arteries and nerves to pieces. Tie a broken arm to the chest with



any kind of bandage. But tie it firmly (fig. 6). Tie a broken leg to the other leg. Use as many band-ages as possible. Foot to foot, knee to knee, thigh to thigh (fig. 7). 12. SMALL PUNC-12. SMALL PUNC-TURED WOUNDS are

often more dangerous than dread-

ful bloody ones. A spent bullet from the air can go rightthrough a man. Punc-

ounds must be seen by a 13. CHEST, HEAD, AND BODY WOUNDS. Cover them. Stop the bleeding as best you can. They look much worse than they are. can. They look much worse than they are.
14. CARRYING A WOUNDED MAN under fire. Keep under cover. Tie his wrists together. Crawl on hands and knees on top of him. Put your neck under his wrists, and drag him along underneath you. You can go a long way like this, and won't give away the position of your post to the enemy (fig. 8).



15. WHEN TO GIVE A MAN A DRINK.

Give any wounded man a drink of anything you have—but do not give a drink to a man with a wound in the belly, or to a man who cannot swallow. You will kill them if you do. Remember, no drink to those two But you can moisten the lips.

16. SHOCK. Shock kills more men than bullets. Shock is a mixture of pain, fear and cold. Do what you can to stop all three. Shock kills brave men.

17. BURNS. Cover burns. You can do no more. Wrap him round in blankets. Keep him warm.

18. PHOSPHORUS BURNS. Hold it under water. Wipe off phosphorus. Keep it wet

19. GAS. Gas on skin. Wipe it off quickly. Rub in gas ointment. Quick action stops nasty burns. Gas in eyes. Bathe quickly Gas in lungs. Keep him warm. Carry him back. Do not let him walk.

20. KEEP YOUR FEET CLEAN. Keep your-underclothes and socks clean. Dirty ounds fester.

21. WHEN A MAN GETS HIT BESIDE YOU. a. Calm yourself. b. Stop his bleeding. c. Keep him warm.

22. THAT IS ALL YOU NEED TO KNOW. Courage in disaster. Courage in the presence of a wounded man. First Aid can save a situation and save a friend.

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