

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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LIFTS WITH BELTS OR WEBBING

1. TWO BELTS. Tie two belts, or webbing, together in a ring. Slip one loop under his arms. Put your head through the other (fig. 9).



Fig. 9.

2. THREE BELTS.

Join three belts together. One loop under his buttocks, the other under his arms. If he can sit, lift him like a haversack. Your hands are free to use a rifle (fig. 10).



Fig. 10.

3. IF HE CAN'T SIT UP Lie on your back on top of him. Put your arms through the loops. Roll over. Get up.

NOTES

Notified in A.C.Js. 26th May, 1943



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,

L. D. D. D.

THE WAR OFFICE,
26th May, 1943.



FIRST AID FOR FIGHTING MEN

with acknowledgments to—
CHARLES KEOGH, F.R.C.S.
and
MESSRS. SIFTON, PRAED & CO., LTD.



This card is for the Fighting Man, to help him to go on fighting, and to aid his Friend in that cold interval between getting hit and getting help

1. A copy of this pamphlet will be issued to all ranks down to, and including corporals.
2. For issues to Home Guard. The scale will be two each section.

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1. 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 prepared for this. Remember modern Surgeons can do wonders. Nature does her best to heal all wounds. But give Nature a chance. Stop wounds getting worse. That is your 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 comfortable position.

6. LOOK, THINK, AND THEN ACT. There may be three men wounded at once. Treat the most urgent first. Keep under cover. 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 act.

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. Tie a bandage over it tight. Use another field dressing or strips of cloth for this. Anything will do—but be quick (fig. 1). Remember, steady pressure stops anything except a big artery.



FIG. 2



FIG. 3



FIG. 4



FIG. 5

8. IF YOU CAN'T STOP IT that way, slip a piece of string round the leg or arm higher up. A pull-through or sling will do, tie it over his uniform. Tie one knot (fig. 2). Put a pencil or piece of wood on the knot (fig. 3). Tie twice over the stick. Tie a reef knot. Tie any knot if you don't know how (figs. 4 and 5). Twist the stick until the bleeding stops. Keep it in position by tying the ends down. This is a Tourniquet.

9. A TOURNIQUET can save 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 to.

10. IN WAR, a wounded man may be hours or days before he gets to a Surgeon. If ever you put on a tourniquet, put a label on. Write "Tourniquet applied 9 a.m. Tuesday. Loosen four times an hour. Tighten again if bleeding starts." Fix the label where it can be seen.

11. 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



FIG. 6



FIG. 7

any kind of bandage. But tie it firmly (fig. 6). Tie a broken leg to the other leg. Use as many bandages as possible. Foot to foot, knee to knee, thigh to thigh (fig. 7).

12. SMALL PUNCTURED WOUNDS are often more dangerous than dreadful bloody ones. A spent bullet from the air can go right through a man. Punctured wounds must be seen by a Doctor.

13. CHEST, HEAD, AND BODY WOUNDS. Cover them. Stop the bleeding as best you 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).



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 men. 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 in clean water. Quick action stops blindness. 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 wounds 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.