

**First aid in brief : read this carefully several times, then carry it in your pocket or bag.**

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# FIRST AID IN BRIEF

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**AFTER AN AIR ATTACK** First Aid Parties will reach the wounded within a few minutes. Even such a short time counts. The man or woman on the spot can save lives by immediate and proper action.

Be prepared to see severe wounds. Be courageous and keep your head. Keep your mind on your duty to your injured fellow man.

Everyone in these days of danger should carry several clean handkerchiefs or small towels. These can be used as bandages, and their inner laundered surfaces are quite suitable for application to open wounds as a first dressing.

Unless a patient is in a highly dangerous place you should treat him where he lies. To lift or drag the wounded can do serious damage. Your general rule is that the moving and transport should be left to trained parties.

**The first and most important duty of the civilian helper who first reaches a casualty is to stop bleeding.**

When you cut a thumb you naturally grab it firmly with the fingers of your other hand. That application of pressure to a bleeding wound is the correct thing to do in all cases.

## TO STOP BLEEDING

Press on the bleeding point with fingers or hands. As soon as possible apply a clean thick pad of folded handkerchief or towel. Use an inner surface of your handkerchiefs or towels. Keep up the pressure through this pad. Bandage the pad firmly in position over the wound. Be sure that the dressing is applied firmly enough to control the loss of blood. If there is still oozing of blood past or through the pad renew pressure over the whole dressing.

## BLEEDING FROM ARM OR LEG

Press on the wound with fingers or hands. Apply a clean thick pad as soon as possible. Keep up pressure through the pad. Bandage the pad firmly over the wound. If this fails, pass a bandage, tie, handkerchief, elastic or fabric belt, or similar article, round the limb as close to the wound as possible, at a point between the wound and the trunk. Knot the fabric so that the limb is loosely encircled. Pass a stick through the slack loop and twist till the tightening of the band round the limb stops the blood loss, taking care not to pinch the skin. Hold tight till the First Aid Party arrives. If you have to do this, make a note of the time when you tighten the loop and give it to the patient or attach it to the limb. It is very important that the hospital surgeon should know this.

## **BLEEDING FROM THE HEAD**

Press with fingers or hands on the bleeding parts. Apply a clean pad as soon as possible. Keep up pressure through the pad. Bandage the pad firmly in position.

## **BLEEDING FROM THE TRUNK**

These wounds are usually grave. Cover them with several layers of dressing. Keep up gently firm pressure over the pads.

## **SHOCK OR COLLAPSE**

All wounded are liable to collapse. Control bleeding at once. Keep the patient lying down. Loosen clothing at neck and waist, but do not expose the patient to chill. Prop the head comfortably. Wrap blankets or coats round the patient, not forgetting gently to slip some under him. Put hot bottles, if available, outside the blankets. Let him smoke if he will. Give him plenty to drink, warm drinks preferably, and the best of all is warm very sweet tea. By your presence and helpfulness encourage him.

Follow this routine even in apparently slight cases. It will save lives.

## **WARNING**

**DO NOT GIVE FLUID TO CASES OF WOUNDING OF BELLY.** Patients who have injuries to the belly must not be given anything by mouth; not even sips of water should be swallowed, but the mouth may be rinsed out.

## **SUFFOCATION**

Pressure of fallen debris may compress the chest and cause suffocation. To release a person so buried is a matter of the utmost urgency. Do not waste a second.

## **CLOTHES ON FIRE**

Take a rug or heavy coat. Wrap it round the victim. Prevent him running about. Lay him on the ground, using force if necessary. Smother the flames by pressure or beating through the rug.

## **TREATMENT OF BURNS**

Treat first for shock as described above. Treat the burn later. **DO NOT APPLY OIL OF ANY KIND.** The best thing to use, if available, is a substance such as one of the tannic acid jellies, which can be bought in tubes at any chemists. A very good substitute is a series of layers of dressing moistened with cold tea. If this is not at hand cover the burn with dry clean dressings several layers thick.

**IF YOU EXCEED THESE INSTRUCTIONS YOU MAY DO GREAT HARM. LEAVE ALL OTHER TREATMENT TO TRAINED MEN. LIVES ARE AT STAKE—PLAY FOR SAFETY**

*This leaflet was contributed by a London surgeon and revised by the Ministry of Health's consultant advisers.*