



# Basic First Aid Safety

- 1** Keep a first aid kit where you can reach it fast.
- 2** Stop bleeding with firm, direct pressure and a clean cloth.
- 3** Rinse small cuts and scrapes with clean, running water to wash out dirt.
- 4** For burns, run cool water over the area for 10-20 minutes. Do not use creams or ointments.
- 5** For sprains, use RICE: **R**est the area, put on **I**ce, wrap it snugly (**C**ompression), and raise it up (**E**levation)

