



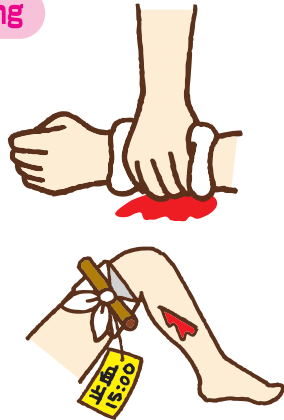
First-aid treatment Points of first-aid you should know

During a state of confusion after a disaster occurs, ambulances do not come immediately. Aside from professional treatment, first-aid at an early stage must be performed by someone close to the injured person. Learn how to give first-aid to save the life of your loved one.

In the case of severe bleeding

Place a clean gauze cloth or a handkerchief on the wound, and provide first-aid such as pressing against the area with your hands. Then, go to a medical institution immediately.

(In order to prevent infection, take precautions to avoid touching blood directly, such as putting your hands in a plastic bag and then pressing against the wound.)



In the case of burn injury



① Quickly cool the affected area with running tap water.

② In the case of a burn over clothes, do not take them off forcibly and cool the affected area as it is. Do not crush blisters.

③ After cooling, lightly wrap the affected area with clean gauze, etc., and go to a medical institution immediately.

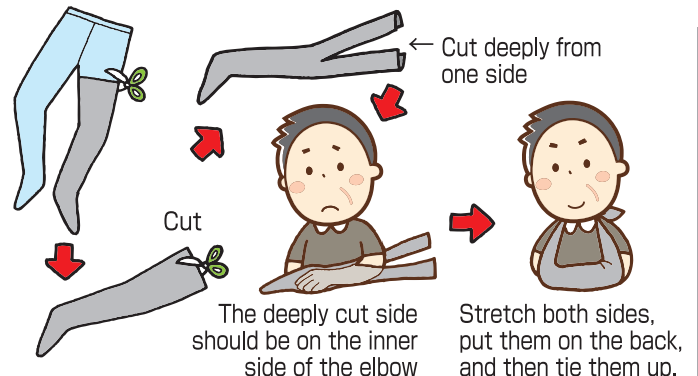
If a bone fracture is suspected

① Be careful not to move the affected body part.

② Use a splint (if not, a plate, cardboard box, umbrella, magazine, etc.) to keep the affected body part in still, and go to a medical institution as soon as possible.



First aid with stockings



Cut deeply from one side

Cut

The deeply cut side should be on the inner side of the elbow

Stretch both sides, put them on the back, and then tie them up.

When the injured person is unconscious **Call 119!**

In the following cases

- **When hitting one's head**
Do not move the body, including the affected area.
- **In the case of a bruise**
Fix and cool the affected area.
- **In the case of a high fever accompanied by chills or shivering**
Cool the head and warm the body.
- **In the case of a high fever without chills or shivering**
Cool the head, armpit, and thigh to avoid excessive warming of the body.
- **In the case of heat illness**
Move to a shaded area, loosen your clothes, and hydrate yourself.

Receive lifesaving training

It will take approximately **8 minutes** (national average) until an ambulance arrives on site after receiving the 119 call. **These 8 minutes are very important for the life of the injured person.**

To save irreplaceable lives, acquire life-saving techniques such as artificial respiration, chest compression, and use of an **AED (automated external defibrillator)**.

The fire department provides life-saving training. Everyone is encouraged to receive this training to learn first-aid procedures.

