

## One Point Advice

### Emergency First Aid

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覚えておきたい応急手当

In the event of a major earthquake, after putting out any nearby fires and rescuing people that can be helped, the next important thing is tending to the wounded. It is vital to stay calm, observe the condition of the wounded person, and give appropriate first aid.

#### 1) Broken Bones

If a person has suffered a fracture, remove any tight clothing near the site of the injury, cutting the clothes if you have to. Tie 2 or 3 splints to a broken limb to keep it from sustaining any further damage, and try to keep it above the level of the victim's heart.

If the bone has broken through the skin (this is called a compound fracture), make sure to keep the wound clean and contact a hospital as soon as possible.

#### 2) Burns

With burns it is important to cool the burned area right away, if possible to the point where the victim doesn't feel heat or pain. Burned skin can break and become infected very easily, so be careful not to touch it. When cooling the burn with water from a hose or tap, don't let the stream of water hit the burn directly. Instead, let the water hit an unburned area and have it flow down over the wound.

#### 3) Bleeding

Apply gauze or a clean hand cloth directly to the wound and apply pressure. If there is still blood loss occurring, also apply pressure somewhere between the wound and the heart at a pressure point. People can survive quite a bit of blood loss, so take the time to clean the wound before trying to stop the bleeding.

#### 4) Unconsciousness

If someone has lost consciousness, it is important to have the person rest without moving his or her body too much, and to make sure that he or she stays warm. When relocating the unconscious person from a dangerous or cold location, take special care of the victim's head. When the person is in a safer place, loosen any belts or neckties and make sure that he or she is breathing easily.

Of course, try to get proper medical help as soon as possible, and unless it is a matter of life or death, don't try to tend wounds that you have no knowledge of how to treat.