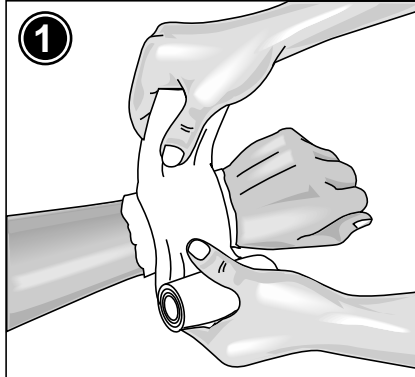


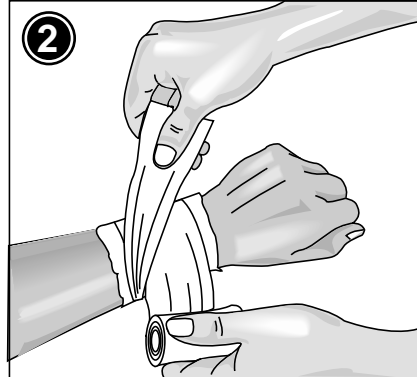


RED CRESCENT FIRST AID TIPS

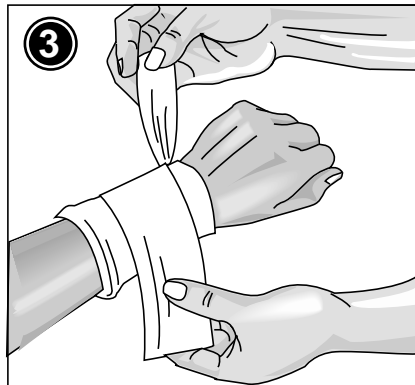
How to apply a dressing



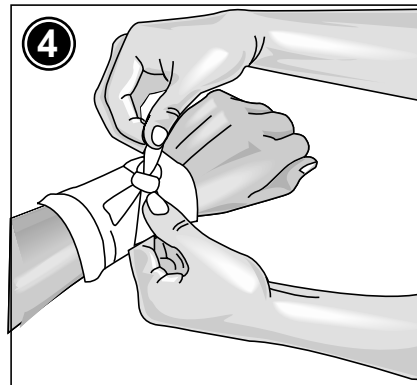
1 Place a clean pad directly over the wound. Unwrap the bandage and hold it over the pad so that your hands are positioned on either side of it.



2 Take the shorter end of the bandage and wrap it once securely over the limb and over the top of the dressing. Be careful not to pull too tightly.



3 Take the rolled end of the bandage and wrap it several times over the limb, covering both sides of the shorter end. If the bandage slips, discard it and start again with a fresh one.



4 Tie the loose ends of the bandage in a secure knot directly over the pad. Pressure from the knot will help to control bleeding from the wound. Check that circulation is normal.

Presented jointly by Malaysian Red Crescent Society and the Malaysian media in conjunction with the "First Aider in Every Home" campaign. Call 03-4578122