

The Purpose of "Safety First" Is to Keep You Out of the Ambulance and Hospital

NEXT IN IMPORTANCE IS "FIRST AID" TO THE INJURED



While the purpose of this campaign is primarily to promote "Safety," yet it is a well-known fact that the absolute prevention of accidents is next to impossible. That there will continue to be accidents in spite of all efforts toward safety is evident, although the observance of such safety rules as have been suggested throughout this campaign means that accidents will be reduced to a minimum.

With the fact remaining that it is beyond the province of human endeavor to avoid all accidents, it would seem advisable to offer some practical "First Aid" suggestions that can be readily and quickly applied to a less fortunate fellow to whom an accident has befallen.

The following "First Aid" suggestions are applicable to the most common forms of accidents. As it is the duty of every one to know what to do for the injured, you should study these rules carefully:

Bruises and Burns:

Cover with any kind of clean grease or oil; wrap parts with cloth to keep out the air.

Cuts:

Clean out the cut with strong warm salt water to which has been added a drop or two of carbolic acid; draw edges together with strips of plaster; bind with a clean bandage.

Dislocations:

Don't attempt to set dislocated parts: Send for the doctor. Place part in position easiest to sufferer; apply wet cloths.

Electric Shock:

Apply cold to head; mustard plaster to back of neck and another over heart; wrap patient in warm blanket and resort to artificial respiration.

Foreign Bodies in Ear:

Syringe with plain warm water. If an insect, let patient lie down on opposite side and fill the ear with warm water. The insect will float out.

Foreign Bodies in Eye:

Pull down eyelid; search out the object and remove it with the corner of a fine handkerchief, or with a little brush made by wrapping the point of a toothpick with absorbent cotton.

Fracture:

Place patient in reclining position, bind limb in pieces of thin board made wet with arnica or salt water until the doctor arrives.

Sprains:

Perfect rest. Apply ice-water cloth to joint; finally use gentle motion and liniments to prevent stiffness.

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