



RED CRESCENT FIRST AID TIPS

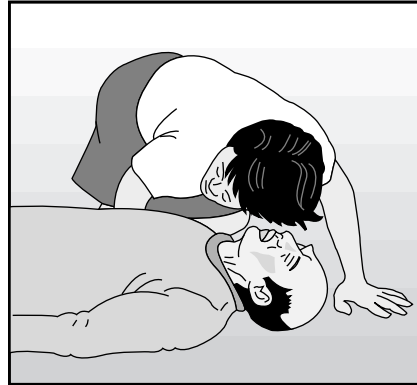
What to do in an emergency

1. EVALUATE THE SITUATION

To avoid becoming a victim yourself, you need to stay calm and assess the situation. Look to see what has happened and how many people have been hurt. Identify bystanders who can help.

2. MAKE THE AREA SAFE

Eliminate any remaining danger. In the case of electric shock for example, turn off the electrical supply. Alternatively, try to get the danger away from the victim without harm to yourself or others. As a last resort, move the victim to a safer area.



3. GIVE EMERGENCY AID

Check the victim to see if he is conscious and breathing. Be prepared to resuscitate if necessary. Always send for help right away. To give emergency services as much information as possible, assess the number and severity of injuries that have been suffered. Also note any special circumstances affecting the victims.

4. GET HELP

If other people are present, send them to get help. They can also help to make sure the area is safe or administer basic First Aid. Be aware however, that they may be in shock themselves and may not be able to help. To soothe panic, give them simple tasks to perform, such as calling emergency services. Always check to make sure they have carried out your instructions.

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