

- Place the casualty in the most comfortable position
- Support the injured part
- Apply cold compression
- Seek medical help.

xii) Burns and scalds

- Remove the casualty from danger
- Pour cold water for at least 10 minutes
- Cover the burnt area with a wet clean cloth

DO NOT!

Remove burnt clothing – it may be stuck

Apply Vaseline, butter, cream or toothpaste

Apply dry clothes or cotton wool since they may stick to the wound

Break blisters

Give alcohol

xiii) Poisons

(Swallowed acids and burning poisons)

- If the victim is conscious, give sips of milk or water
- Help the casualty to see a doctor
- Do not make the victim vomit since this may cause further damage.

xiv) Foreign objects (Eyes, ears and nose)

a) Eye

Here great care must be taken since rough treatment may lead to permanent loss of vision.

- Let the victim blink several times
- Help the casualty to gently flush the eye under cool clean running water to try to dislodge the foreign object.
- If the object does not come out, cover the eye with a pad held in place with tape and transport the child to the health centre.

b) Ear

- If an insect has entered the canal, gently pour water or vegetable oil into the ear. The insect will float out.
- If the object does not come out, seek medical advice.
- Never insert anything into the ear.

c) Nose

- If a small foreign body has entered the nose, the child should block the other side and blow the nose.
- If the foreign body does not come out, doctor's advice should be sought.