

FIRST AID TRAINING

Bandaging Hand/Foot

1. Two straight turns at wrist; inside to outside
2. Diagonal bandage from thumb to little finger
3. Bandage across front of fingers
4. Bandage across back of hand
5. Repeat turns



Bandaging Head

1. Triangular bandage with longest edge over forehead
2. Cross over "long tails" using firm pressure
3. Tie in middle of forehead
4. Secure spare end with safety pin.



Arm Sling

1. Bandage between body and arm; straight edge lies on uninjured side
2. Tie lower end to upper end
3. Casualty let go of arm once ends secured
4. Fold over pointed end

