

Health & Wellness Tip of the Week

Week 30 July 24, 2017

July is all about **Emergency Planning**

It is the perfect time to remind everyone about the importance of planning ahead to protect your families from natural disasters or emergency situations at home.



Treating Serious Injuries

Injuries are common in disasters, but there are simple things you can do to comfort those who are hurt and prevent further harm. It's always a good idea to learn first aid, CPR and the Heimlich maneuver.

Heavy Bleeding

Cover wound with a clean cloth and press firmly. Add cloths on top of first cloth as needed. Elevate bleeding arm or leg unless a fracture is suspected.

Burns

Flush burned area with cool water (unless an electrical burn). Do not use ice or ointments except on minor burns. Do not break blisters or remove clothes stuck to skin. Cover injured area with a dry, clean dressing. Call 911 if burn is serious or covers more than one body part, involves head, neck, hands, feet or genitals, or is caused by chemical, explosion or electricity.

Fractures

Do not move victim if he/she is unconscious or back or neck injuries are suspected. Treat breathing, bleeding or shock first. Immobilize fracture before moving the victim.

Shock

Indicated by pale, clammy skin; weakness; fast breathing; rapid, weak pulse; confusion. Lay victim on his/her back with feet raised. Keep victim warm.

Sources: Positive Promotions

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