

! Safely Positioning the Injured or Ill



The basic position is laying face up

Laying the person on his back on a level place is the basic position to take. It is the most stable and relaxing position.



When the person is vomiting or has an injury to the back

Lay the person on his stomach, facing one side. Take care that he does not choke on his vomit.



When there is a head injury and breathing is labored

Lay the person on his back and use cushions, etc., to lift the upper body.



When there is abdominal pain or an injury to the abdomen

Raise the upper body with cushions, etc., and also place cushions under the knees to bend them.



When breathing is labored or there are chest pains

Put the person in a sitting position with his legs extended and place cushions, etc., between his legs and chest to support his upper body.



Is breathing but unconscious

To secure an airway, place the person on his side with his top leg bent at a right angle at the knee.



Heat stroke, anemia, hemorrhagic shock

Lay the person face up and place cushions under his feet to lift the legs up about 15 to 30 centimeters.



! First-Aid for Burns



Cool minor burns with water

If the burn covers less than 10 percent of the body (the area of the palm of your hand is about 1 percent of the body surface), as soon as possible, cool with clean water for over 15 minutes until the pain eases.

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Important points

Since tap water cannot be used when the water supply is cut off, use water from a plastic bottle, etc. When tap water can be used, run cool water over the burn for 15 to 20 minutes. Follow the points below when treating the burn.

- If the person is wearing clothes over the burn, do not remove, and cool over the clothes.
- When the burn covers a wide area, take care to not overly cool the body.
- Take care not to break blisters.
- Do not use medicine.

! Lighten the Burden of the Injured and Ill



Loosen clothing

Place the person in a comfortable position, ask if he is in pain, and if he wishes, gently loosen his clothes, belt, and other constricting items.



Maintain body temperature

If the person has the chills, a low body temperature, is pale, or has broken into a cold sweat, prevent heat loss by covering him with clothes, a blanket, etc.

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! Stop Bleeding



Arterial bleeding

Blood spurts out



Venous bleeding

Constant flow of blood



Capillary bleeding

Blood oozes out slowly

Severe bleeding can be life threatening

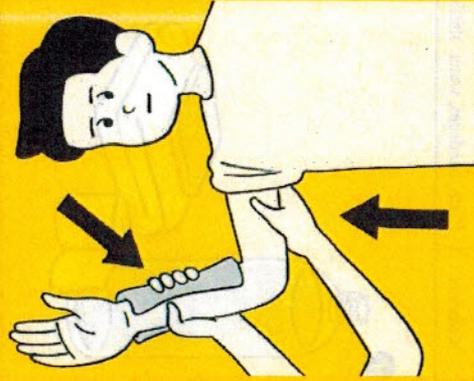
The total amount of blood in the human body makes up about 7 to 8 percent of the body's weight, and losing one-third of this blood can be life threatening. Arterial bleeding with bright red spurts of blood must be stopped immediately. Bleeding from capillary veins will, in most cases, stop naturally.

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Direct pressure to stop bleeding

Directly apply sterile gauze or a clean cloth to the bleeding and compress strongly with your hand or a bandage. The size of the cloth should be large enough to completely cover the wound. In order to prevent infection, always wear rubber gloves or use a plastic bag, and be careful to not come in contact with the blood.



Indirect pressure to stop bleeding

When it is difficult to stop the bleeding through the direct pressure method, try indirect pressure. Temporarily stop the flow of blood by pressing down on the artery between the injury and the heart, compressing it against the bone. For bleeding from the lower portion of the arm, use your thumb to strongly press the artery at the center of the inner side of the upper arm. For leg bleeding, straighten the bleeding leg and strongly press down at the groin using your fist.

! First-Aid for Fractures and Sprains



Secure with a splint

Try not to move the part that has been broken and is painful. Prepare something that can serve as a splint to support the broken bone, and immobilize the injury by binding the splint and the joints on both sides of the fracture with a cloth, etc.



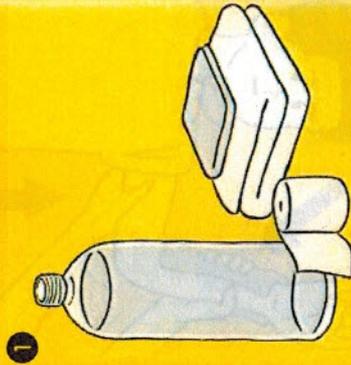
Triangular bandage

A triangular bandage can be used on any part of the body, and scarves, furoshiki, and large handkerchiefs can also serve as triangular bandages. Use it after rinsing the wound clean with water and applying a sterile gauze, etc. Do not tie the knot right over the wound.

! First-Aid for Cuts

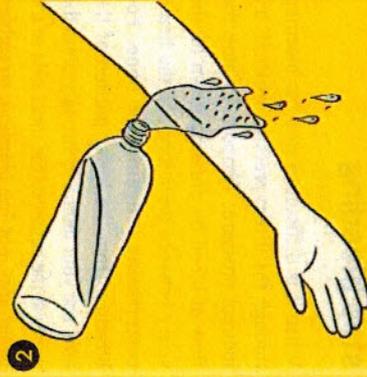
Materials

Cloth, bandages, water, sterile gauze



1

Prepare large pieces of cloth or bandages that can cover the wound.



2

If the wound has dirt or other debris, wash clean with water.



3

If the wound is bleeding, protect the wound by applying sterile gauze, etc.

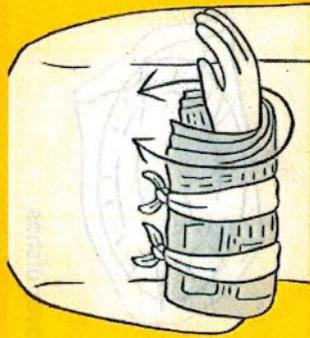


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Wrap a bandage.

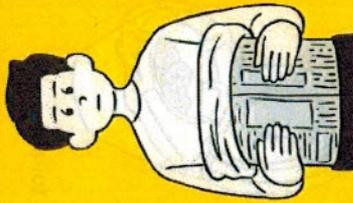
✂ Good Ways to Use Everyday Items

Newspapers



As a splint for fractures

Layer newspapers like a board and place this on the broken bone up to the joints on both sides.



Place in clothes for thermal insulation

If newspapers are placed between your under and outer wear when it is cold, a layer of air will be formed to keep you warm.



Use as a cover

If there are no blankets or comforters, just covering yourself with newspapers can make a big difference in keeping you warm.



Make playthings

Crumple one sheet of newspaper into a ball, and layer newspapers over this. Adjust the shape and secure firmly with tape.

Plastic Wrap



Use to keep warm

Fold two newspapers and wrap around your abdomen. Wind plastic wrap around this. This will help retain body heat and keep you warm.



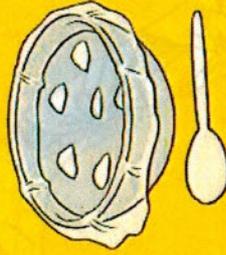
Protect a wound after the bleeding has been stopped

After stopping the bleeding, wind the plastic wrap around the wound. Plastic wrap can effectively protect the wound because it is very airtight.



Attaching a splint

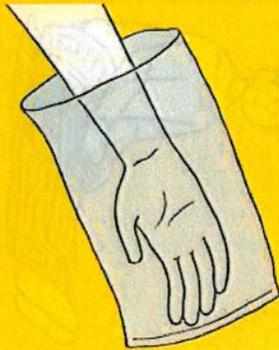
Plastic wrap is effective in attaching a splint, such as a rod or board, to a broken bone. Thoroughly wind the plastic wrap to keep the splint from moving.



Cover dishes

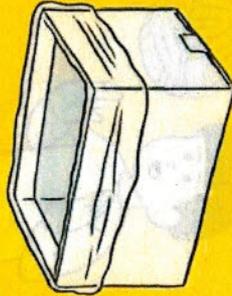
When water supply is interrupted, it is difficult to wash dishes. If food is placed on dishes that have been covered with plastic wrap, you will not have to wash the dishes.

Plastic Bags



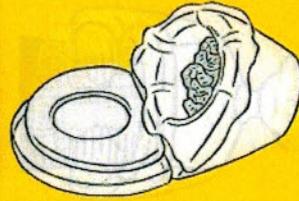
Protect yourself from infection

In order to prevent infection from treating a wound, it is important to avoid touching blood by using rubber gloves, etc. A clean plastic bag can also be used.



Transport water in a hygienic way

If you don't have a clean plastic tank or plastic bottle, water can be transported in a hygienic way by covering a container with a plastic bag.



For the toilet

When you can't use the toilet because the water supply is interrupted, use plastic bags filled with newspaper.

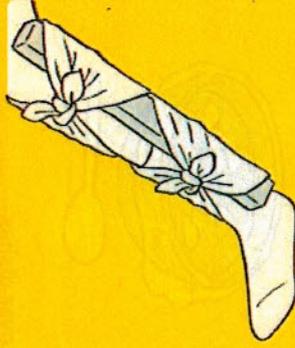
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Large handkerchief



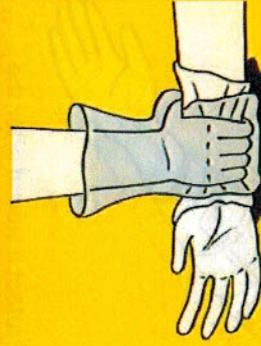
As a mask

Dust is expected to fly during a disaster. Make a simple mask by covering your nose and mouth with a large handkerchief.



Attaching a splint

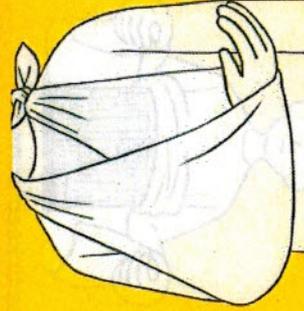
A large handkerchief is effective in attaching a splint, such as a rod or board, to a broken bone. Tie in several places to keep the splint from moving.



Stop bleeding

When bleeding from an artery, use as a compression bandage to stop the bleeding.

Refer → p. 179



As an arm sling

After attaching a splint to a broken arm, an arm sling, using a triangular cloth, should be used to immobilize the arm. A handkerchief can be used in place of the triangular cloth.

Cover dishes

If you cover dishes you can reduce the number of items that need to be washed. You will also run out of paper dishes if you dispose of them each time they are used, so cover them with a plastic bag.



! Protect Your Feet



Protect your feet and shoes from water

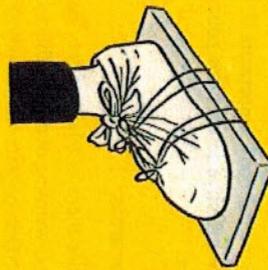
Materials Plastic bag, string

In a disaster-stricken area where it is difficult to walk, you will need to protect your feet. To keep your shoes from getting wet, cover each shoe with a plastic bag and tie it up with string around the ankles.

Protect your feet and shoes from rubble

Materials Plastic bag, board, string

After placing plastic bags over your shoes as explained above, place something hard like a board under your shoes and tie it with a string so it doesn't loosen.



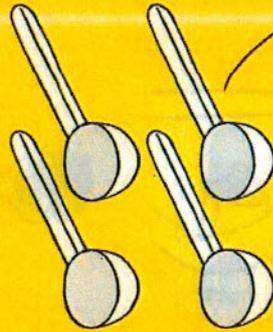
Why protect your feet?

In the event of a disaster it would be very important for you to not injure yourself. The disaster-stricken area will be strewn with rubble, have puddles of water, and will be harder to walk through than you can imagine. In order to prevent injury from nails and sharp materials, you should learn in advance how to protect your feet.

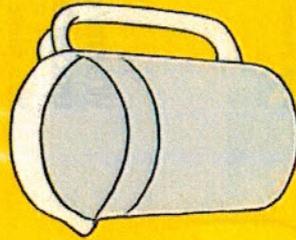
! Prevent Dehydration

Materials Water, sugar, salt

4 tbsp. sugar



0.5 tsp. salt



1 liter water

In order to prevent dehydration, it would be good to prepare an oral rehydration solution, which has an absorption rate that is about 25 times higher than water. The only things necessary are water, sugar and salt. Dissolve 4 tablespoons of sugar (about 40 grams) and 0.5 teaspoons of salt (about 4 grams) in 1 liter of water.

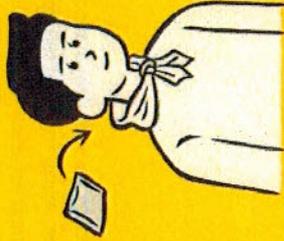


! Adjust Your Body Temperature

You can adjust your body temperature by heating or cooling the back of your neck, under your arms, and above your tailbone. Use this method to keep warm or prevent heat stroke.

Back of the neck

Just wrapping a muffler around the point on the back of your neck that improves blood circulation will significantly help maintain your body temperature. It would also be effective to cool this point when it's hot.

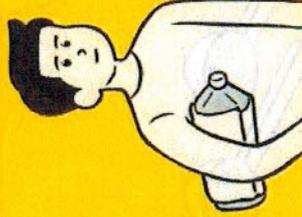


Warm/cool your neck

Wrap a muffler or towel around your neck when you are cold. If you are hot, place an ice pack behind your neck and wrap a towel, etc.

Underarms

Because there is a large artery near the surface, warming or cooling this area will have effects on your whole body.

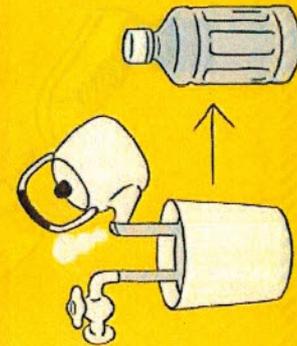


Warm/cool your underarms

Your whole body will be warmed if you place a plastic bottle with hot water under your arm. You should place cold packs under your arms when it's hot.

Above the tailbone

Adjusting the temperature above the tailbone is an easy way to adjust your body temperature.

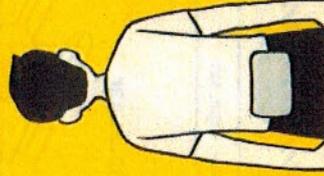


Make a hot water bottle

Materials

Plastic bottle, water, hot water, funnel, container such as a bucket, towel

Mix equal portions of tap water and boiling water to make lukewarm water about 60 degrees Celsius. Pour this into a strong plastic bottle, and wrap in a towel to prevent low-temperature burns.



Warm the area above your tailbone

Your whole body will be warmed if you apply a body warmer to the area above your tailbone. If you can obtain a body warmer, you should first use it on this area.

