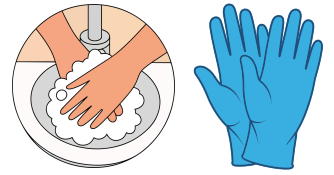


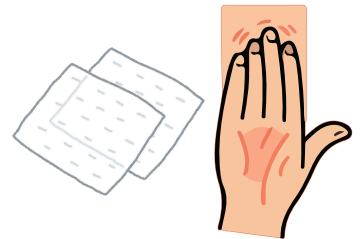
First Aid - How to clean a wound



Step 1: Wash and dry your hands or put on disposable gloves - this is to make sure that you can do first aid safely and can keep the cut clean.



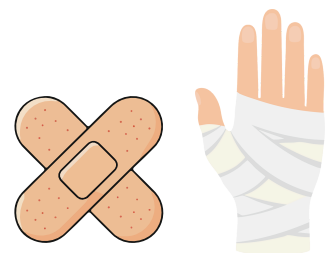
Step 2: Control bleeding: Apply gentle pressure with a clean cloth or gauze until bleeding stops. Elevate/raise the injured part if possible.



Step 3: Clean the wound - using anti-septic wipes, clean the area around the wound to make sure it is clean. Then get another wipe and gently wipe the wound to make sure that the wound is clean and to reduce the risk of infection.



Step 4: Cover the wound/cut - Make sure you cover the wound with a plaster, a sterile bandage or gauze to protect it from risk of infection.



Step 5: Wash your hands again to make sure they are clean.



Step 6: Change the dressing at least once daily or whenever it gets wet or dirty.



If the cut is bleeding heavily or for a long period of time, please contact your doctor or go to your local accident + emergency for medical treatment.