

First Aid Hacks

HELP! 10 FAST Home Remedies

"Your Mental Health & Safety Is Our Priority"



BITES AND STINGS

Things that itch, bite and sting!



SNAKE BITES

It could just look like a scratch



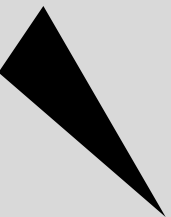
ANTISEPTIC

For scratches and cuts



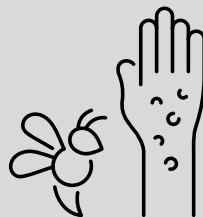
HEAT PACK

To help with sore muscles or abdominal cramps.



REMOVE A SPLINTER

Don't ignore a splinter, it can cause infection



REMOVE A BEE STING

Don't pull, scrape!



TODDLER BURNS

A quick response is crucial



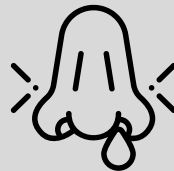
BROKEN ARM

Kids will be kids!



BLEEDING

Deep cuts and wounds



NOSE BLEEDS

Spontaneous or trauma.

First Aid Hacks

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BITES AND STINGS

Add white vinegar to a spray bottle
Bonus: Can be used as a disinfectant

ANTISEPTIC

Adding a pinch or two of salt to warm water creates a good substitute to wash debris from a cut.

REMOVE A SPLINTER

Place a thin layer of craft glue on the area of skin with the splinter, let dry, peel off, and voilà. The splinter will be easily lifted from the skin.

TODDLER BURNS

Turn the healing process into a game.... Putting something that sinks / bobs in water can be a great distraction

BLEEDING

When you have a serious bleed you may need to get creative! Use a nappy, sanitary pad, tea towel or pillow case.

SNAKE BITES

Ask (yell!!!) at the casualty to lie down and don't move.

HEAT PACK

To make a portable hot compress, fill the foot of a sock with uncooked rice and microwave for 30 seconds

REMOVE A BEE STING

Pull skin tight, use a flat surface (like a credit card edge) to scrape until the stinger comes out; avoid tweezers to prevent more venom being released.

BROKEN ARM

No sling no worries, lift up the bottom of their shirt and support the arm, even a backpack or pillow can provide enough support.

NOSE BLEED

Leaning forward has been first aid protocol for a nose bleed for a long time now, did you know that? Placing some ice on the back of their neck can help slow the bleed.