



# FIRST AID MANUAL

EMERGENCY PREPAREDNESS  
FOR ANY DISASTER

BE PREPARED TO SAVE LIFE



# CONTENTS

TOURNIQUET	03
CHEST SEAL VENTED	04
EMERGENCY BANDAGE	05
SPLINT	06
COMPRESSED GAUZE	07
ELASTIC CREPE BANDAGE	08
NASAL AIRWAY(NPA)	09
PENETRATING EYE INJURY	10
BURN AND SCALD	12
EXTERNAL BLEEDING	13
SPRAIN & STRAINS	14
CPR	15
EMERGENCY BLANKET	16







# TACTICAL FIRST AID

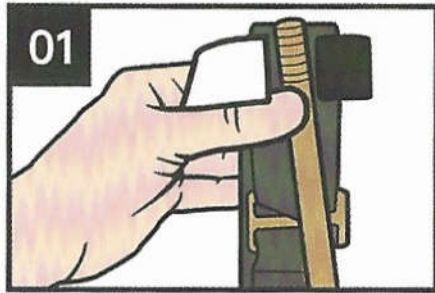
If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.





## Rhino Rescue

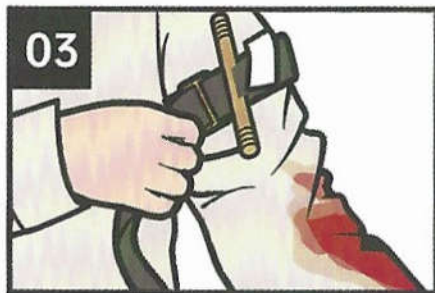
# TOURNIQUET ONE-HANDED APPLICATION



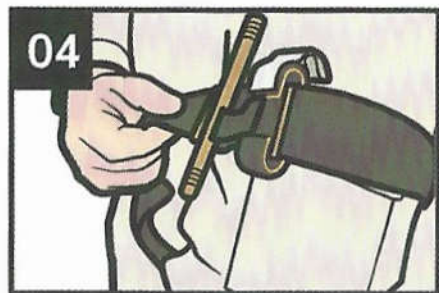
**01** REMOVE tourniquet from the first aid kit.



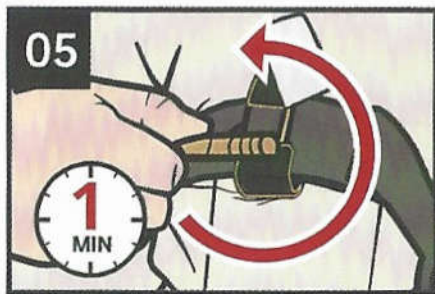
**02** INSERT the wounded extremity through the loop of the self-adhering band.



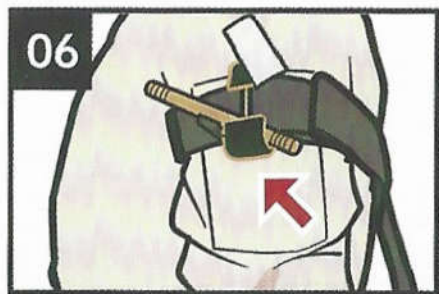
**03** POSITION the tourniquet above the bleeding site, high on the extremity over the clothing/uniform.



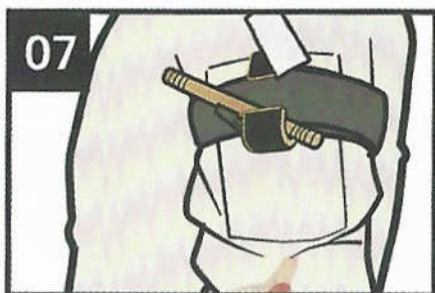
**04** SECURE elastic bandage tails and knot using tape, prevent the knots from unraveling.



**05** TWIST the rod until bleeding has stopped (complete steps 1-5 in under 1 min).



**06** LOCK the windlass rod in place with the windlass clip.



**07** ROUTE the self-adhering band around the rod and between the clips.



**08** SECURE with the windlass safety strap.

## Rhino Rescue

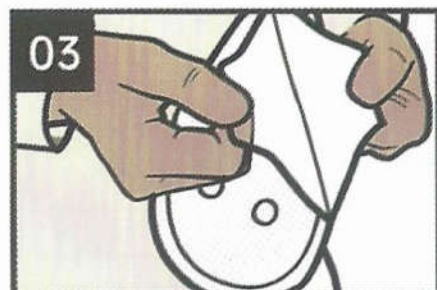
# CHEST SEAL VENTED



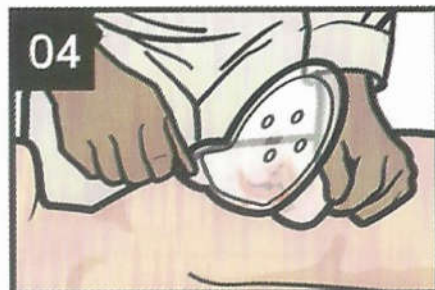
**01**  
**EXPOSE** and uncover any chest wounds.



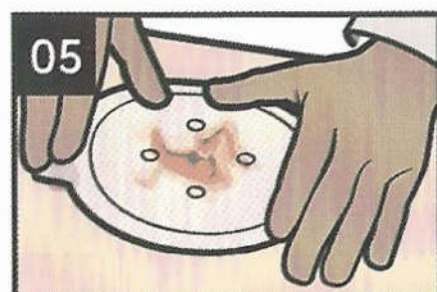
**02**  
**OPEN** the outer wrapper of the chest seal vented.



**03**  
**PEEL OFF** the protective liner, exposing the adhesive portion of the seal.



**04**  
**PLACE** pressing on patient's wound, adhesive side down.



**05**  
Press dressing firmly to skin to assure an occlusive seal.



**06**  
**PLACE** conscious casualty into a sitting position or an unconscious casualty in the recovery position (with their injured side down).

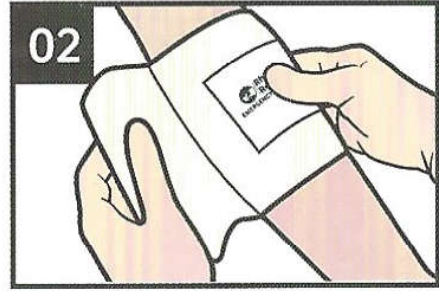


## Rhino Rescue

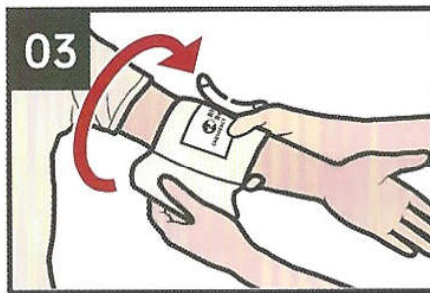
# EMERGENCY BANDAGE



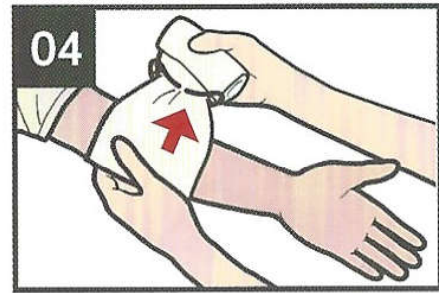
**01**  
REMOVE the bandage from the pouch and packaging.



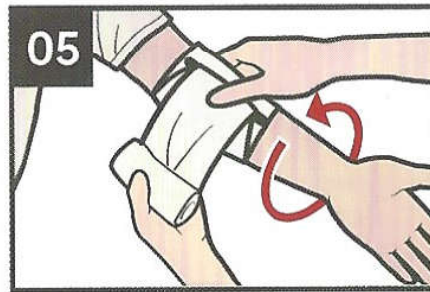
**02**  
PLACE the pad directly on the wound and maintain pressure.



**03**  
WRAP the elastic bandage around injured extremity and maintain pressure.



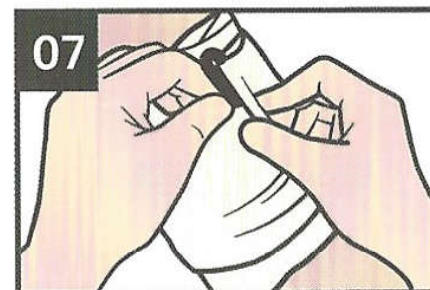
**04**  
INSERT the elastic bandage into the pressure bar.



**05**  
REVERSE WRAP the elastic bandage back over the top of the pressure bar.



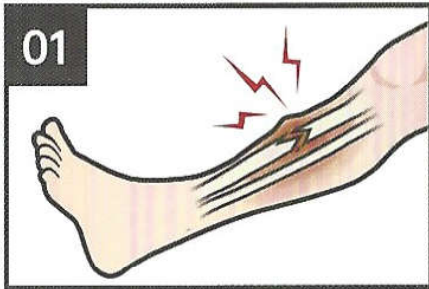
**06**  
WRAP bandage tightly over the pressure bar until pad edges are covered.



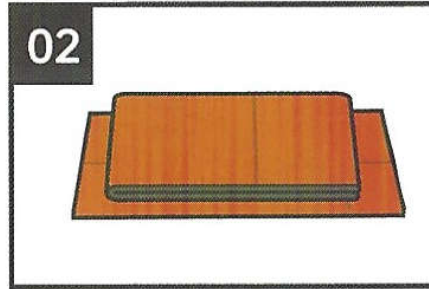
**07**  
SECURE the hooking end of the pressure bar into the elastic bandage.

## Rhino Rescue

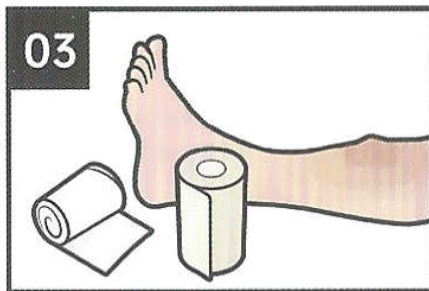
# SPLINT APPLICATION



**01** IDENTIFY the location of the fracture.



**02** PREPARE the splint materials for application.



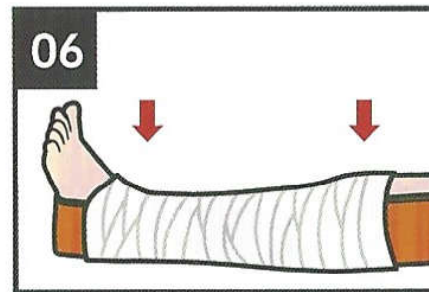
**03** PREPARE securing materials (elastic wraps/bandages, etc).



**04** APPLY the splint to the injured extremity with the limb.



**05** SECURE the splint in place with appropriate materials.



**06** ENSURE the joints above and below the fracture are immobilized in the splint whenever possible.

**CAUTION** Select the appropriate length according to different parts.



## Rhino Rescue

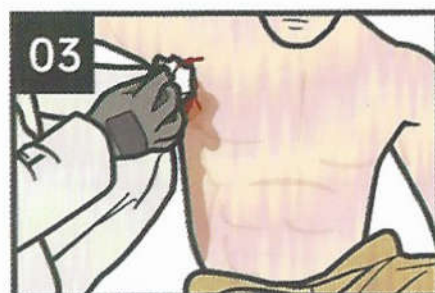
# COMPRESSED GAUZE & ELASTIC CREPE BANDAGE



**01** CUT the clothes of the injured part with scissors.



**02** PREPARE compressed gauze to fill the wound.



**03** EXTEND the casualty's arm at a 90-degree angle by placing it on your shoulder.



**04** PACK the wound tightly with compressed gauze until the wound cavity is filled.



**05** ENSURE the gauze extends 1-2 in above the skin.



**06** HOLD pressure for a minimum of 3 min to ensure that the wound does not bleed.

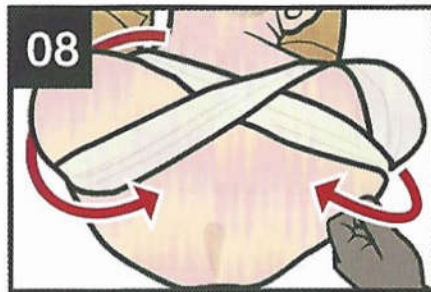


## Rhino Rescue

# COMPRESSED GAUZE & ELASTIC CREPE BANDAGE



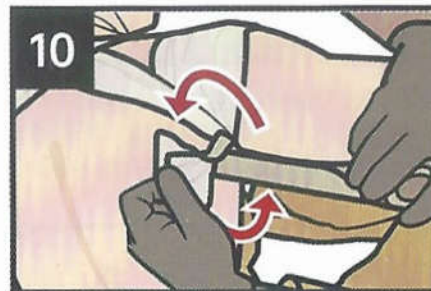
**07** WRAP the elastic bandage around injured shoulder twice ensuring the gauze underneath is completely covered.



**08** WRAP elastic bandage across, back and under the opposite armpit, anchoring around the opposite shoulder in a "figure 8" pattern.



**09** After bandaging, SECURE with tie tails of elastic bandage.



**10** SECURE elastic bandage tails and knot using tape, prevent the knots from unraveling.

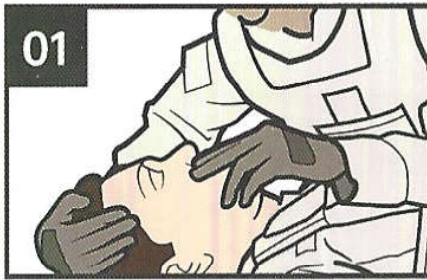
### NOTE

The best position to treat the casualty is the seated position. If the casualty cannot be treated in the seated position, you will need to sit the casualty up as much as possible to apply the elastic bandage.

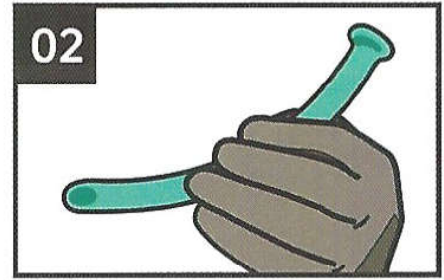


## Rhino Rescue

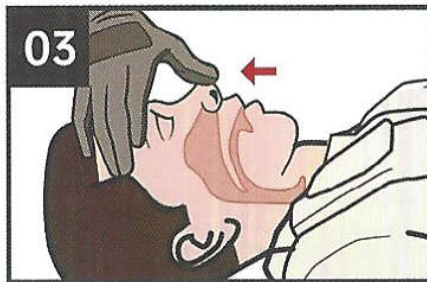
# NASAL AIRWAY(NPA)



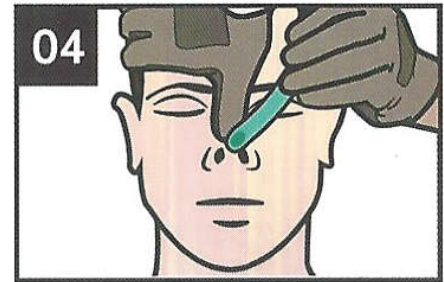
**01** **INSPECT** nose and nasal passages for obstructions preventing insertion of NPA.



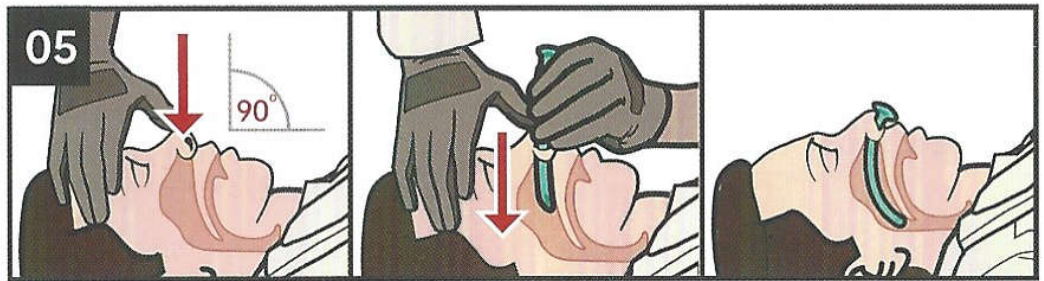
**02** **OPEN** the outer wrapper of the nasal airway.



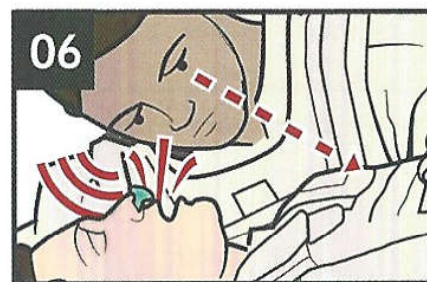
**03** **EXPOSE** opening of casualty's right nostril by pushing the tip of the nose upward gently ("piggy the nose").



**04** **POSITION** tube so that the beveled (open) end faces toward the septum (the strip of skin separating the nostrils).



**05** **INSERT** NPA device into the right nostril (at a 90-degree angle to the casualty's face).



**06** **POSITION** casualty in either a sitting or recovery position.



**07** **POSITION** casualty in either a sitting or recovery position.



## Rhino Rescue

# PENETRATING EYE INJURY

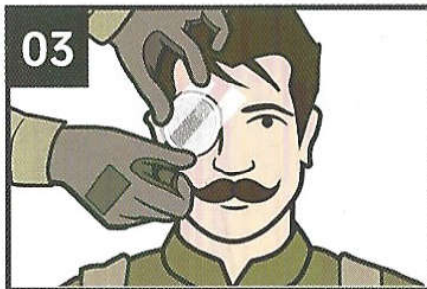


**EXAMINE** the eyes for any deformities, contusions, abrasions, penetrating objects, bruising (black eye(s)), lacerations, or swelling.



**PREPARE** the splint materials for application.

**NOTE:** The eye shield is designed to rest on the bony prominence of the face arching over the eye structures.



**SECURE** the rigid eye shield with tape at a 45-degree angle across the forehead and cheek.

### CAUTION

Ensure that the rigid eye shield or improvised object is not in contact with the contents of the eye socket or exerting any pressure on the eye. If the eye shield exerts pressure, use an improvised eye shield.





# HÔME FIRST AID

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.



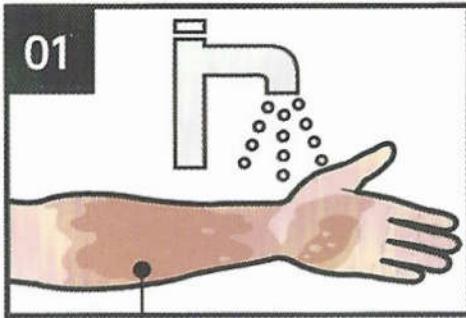


# Rhino Rescue

## BURN AND SCALD



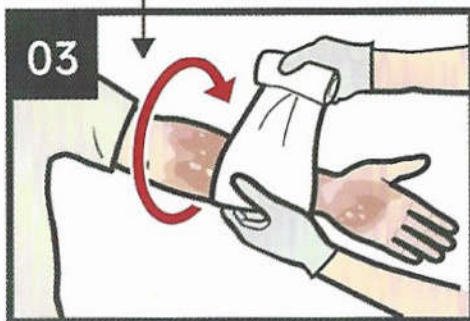
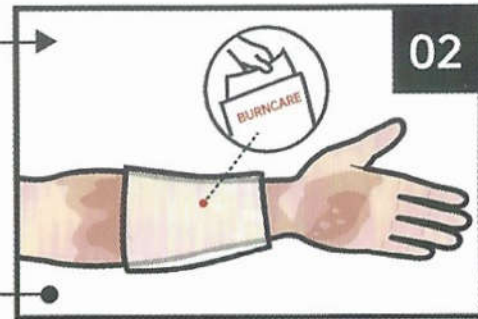
Deal with daily minor burns. If the injury is serious, please go to the hospital for treatment in time.



Cool burned area with cool running water

**!** DO not use ice or ice water, which can cause tissue damage.

Open the burn dressing and cover the burn area to keep it cool and moist.



Gently wrap the burn area with dry sterile bandage..



Burn Dressing  
Sterile bandage  
Scissors

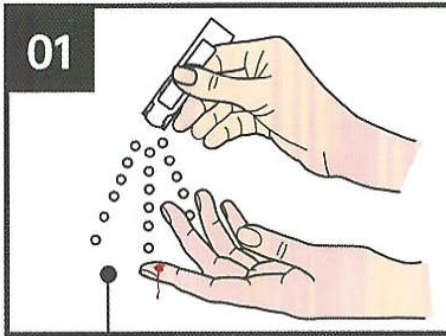


## Rhino Rescue

# EXTERNAL BLEEDING



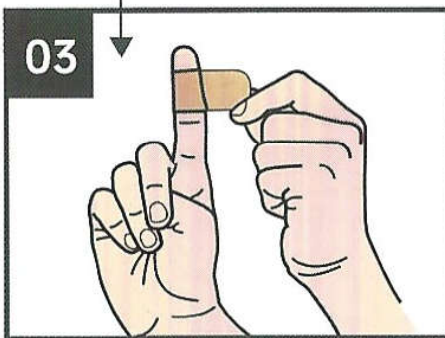
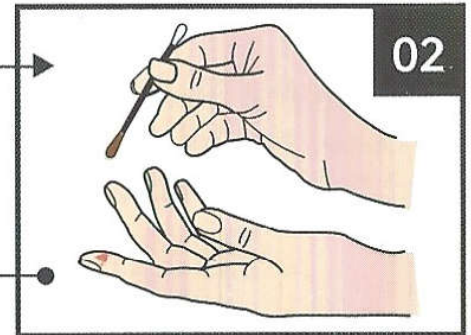
Bleeding is usually minor in nature, but sometimes can impose, threat if a vein or artery is affected.



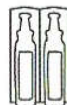
Wash the wound with saline solution

**!** DO not use ice or ice water, which can cause tissue damage.

Open the iodophor swab and use the iodophor swab to disinfect the wound.



Put a Band-Aid on the injured area.



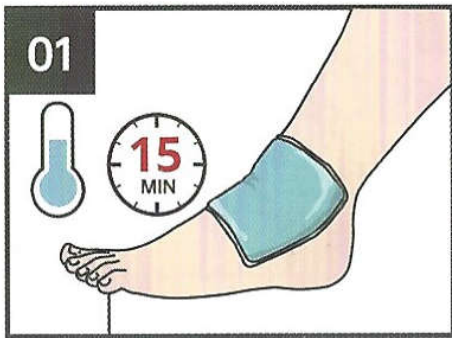
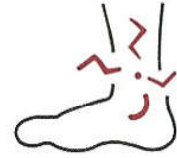
Saline Solution  
iodophor Swab  
Band-Aid



## Rhino Rescue

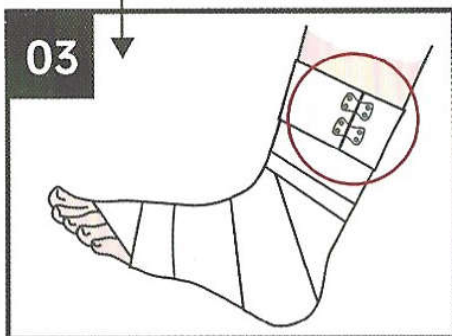
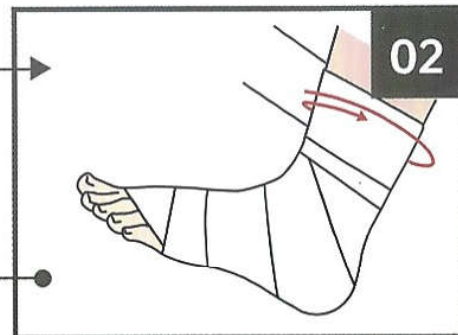
# SPRAIN & STRAINS

Sprain&strains are usually minor, but if not given proper treatment at the right moment could lead to major injury.



Ice your ankle for 15 minutes once every 2-3 hours.

Bandage the sprained area with gauze for immobilization.



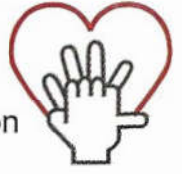
Use the metal fasteners to secure the remaining bandage.



Ice Pack  
Bandage

## Rhino Rescue

# Performing hands CPR



CPR is a medical life-saving process to prevent a brain death of a person who has suffered a cardiac arrest until medical help arrives.



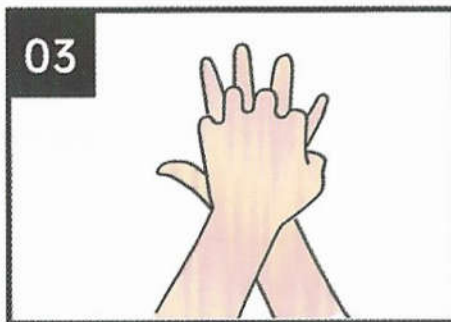
01

Tap the person to see if they're responsive, and ask if they're ok.



02

Call 911 or ask someone else to, begin CPR.



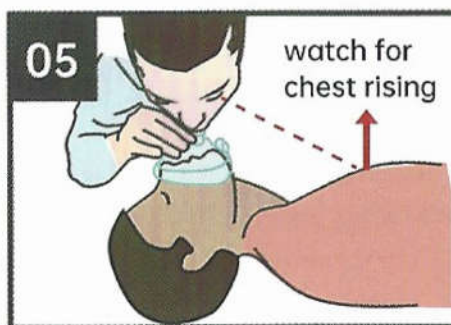
03

Place the palm of your hand on top of your other hand, lace your fingers together.



04

Place your hands in the center of the chest, 30 chest compressions.



05

Cover nose and mouth with mask, two rescue breaths.



06

Repeat until an ambulance or AED arrives.



mouth to mouth resuscitation device

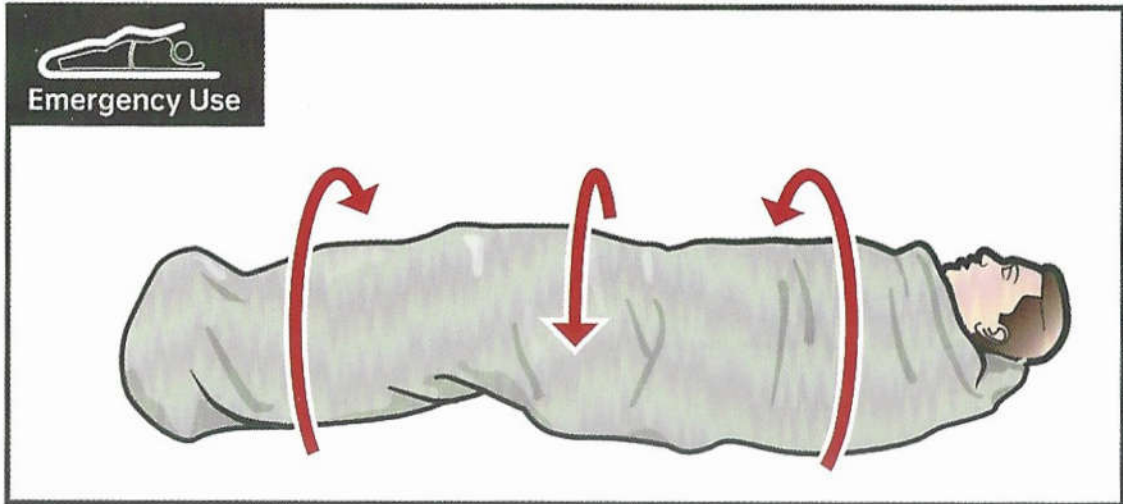


## Rhino Rescue

# EMERGENCY BLANKET

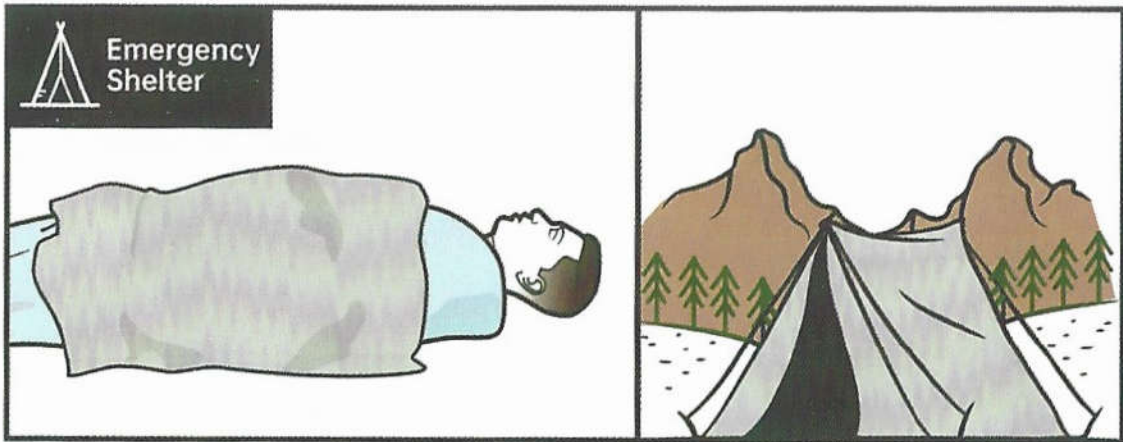


Designed for Outdoors, Hiking, Survival, Marathons Survival Blanket, First Aid or Camping Blanket kit.



Emergency Use

Emergency blanket to cover the injured and protect from cold and heat.



Emergency Shelter

Use your emergency blanket as a sleeping bag, blanket, rain cover or makeshift shelter outdoors.

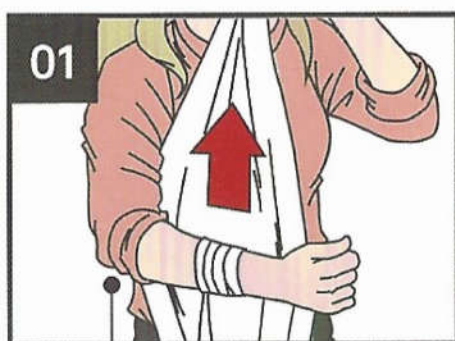


EMERGENCY BLANKET

## Rhino Rescue

# HAND DISLOCATION

For the bandaging of wounds, the immobilization of fractures and dislocations.



Slip one end of the triangular bandage under your arm and the other over your shoulder.

Bring the other end of the sling over your other shoulder.



Tie the ends of the sling behind your neck.



TRIANGULAR BANDAGE





# EMERGENCY NUMBER

If the injury is serious, please call the emergency number for timely treatment.

COUNTRY / REGION	EMERGENCY NUMBER
America	911
China	120
England	112
European Union	112





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