

FREQUENT INCIDENTS AND INJURIES



WOUNDS

Wounds are injuries that break the skin or other tissues of the body. They include cuts, scratches, and stings on the skin.

What should we do?

1st Action

Para prevenir infecciones en la víctima y a su vez protegerse, lave bien sus manos con agua y jabón. Luego, lave la herida y alrededores con agua y jabón blanco, bajo la canilla.

2nd Action

If the wound has "bleeding", to stop or decrease the bleeding, you should apply a "compress" or clean cloth with pressure.

3rd Action

If the wound is in the legs or arms, raise the limb to a level above the heart, this can stop or reduce bleeding.

4th Action

If the bleeding does not stop, it is advisable to place more compresses and make a bandage. **DO NOT USE A TOURNIQUET.**

IF THE WOUND DOES NOT BLEED:

*Wash abundantly with water and white soap, liquid antiseptic (such as povidone iodine, etc.).

*Then cover with compress, gauze, and bandage if possible.

*Do not place cotton over the wound, as it is incorporated into the fabric.

BLEEDING

A hemorrhage is a leakage of blood, caused by the rupture of blood vessels such as veins, arteries, or capillaries

What should we do?

In the event of a hemorrhage, direct compression must be performed, applying gauze to the wound and applying strong pressure.

BLEEDING IN EXTREMITIES

Elevate the area above the heart, pressing directly on the artery by compressing the blood vessel with your fingertips

BLEEDING IN THE UPPER LIMBS

Apply pressure with the palm of your hand at the height of the bend or front of the elbow.

BLEEDING IN THE LOWER LIMBS

Press with the heel of your hand in the groin, on the femoral artery, which runs down the leg from the thigh to the back of the knee.

BURNS

A burn is a type of injury to the skin or other tissues. Not so serious burns are caused by contact with flames, hot liquids, hot surfaces, and other sources of high temperatures, or by contact with items at extremely low temperatures. There are also chemical burns and electrical burns.

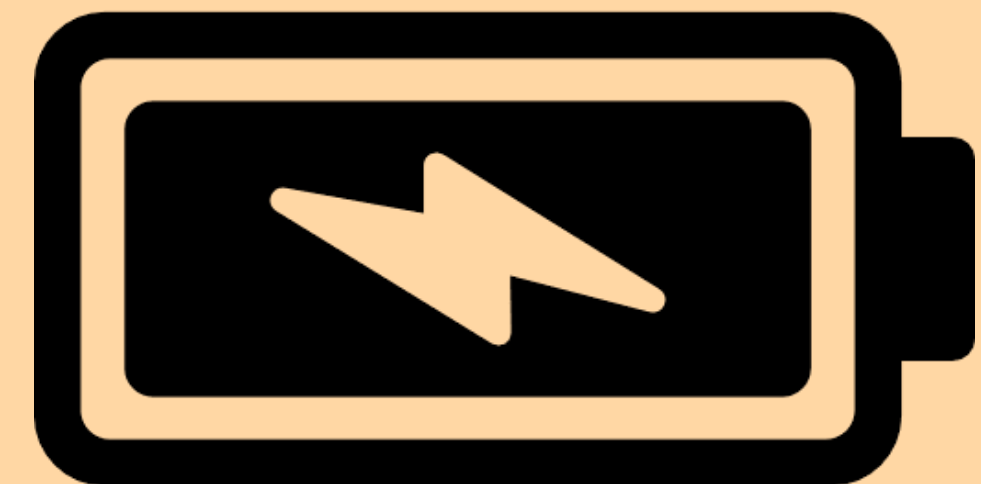
Actions to take

For the management of minor burns, you should only apply water at tap temperature to the injured area (never hot or very cold water). This soothes the pain and prevents the injury from progressing.

Do not use ice, creams, toothpaste or other solutions that are usually of popular origin, as they can increase the lesion and cause infection. If you have "blisters" do not open them.

CHEMICAL BURNS

The misuse or maintenance of the batteries used by drones or any element that possesses them, can generate explosions that lead to highly dangerous burns.



SPRAINS

A sprain is a stretching or tearing of the ligaments, the tough bands of fibrous tissue that connect two bones in the joints.

How to act in the event of a sprain?

- Rest the injured limb.
- Place ice on the area. Use a cold cloth or ice to help limit swelling as soon as possible and continue to put it on for 15 to 20 minutes, four to eight times a day.
- Compress the area with elastic wrap or a bandage. Compression wraps or sleeves made of elastic or neoprene are best.
- Elevate the injured limb above the heart whenever possible, to help prevent or limit swelling.





THANKS

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