

## Applying First Aid to Cuts and Scrapes

Cuts and scrapes are commonplace. It is important to provide the appropriate first aid to these wounds to eliminate chances for infection and hasten recovery.

When approached by an individual with a cut or scrape, first put protective gloves on both your hands and then identify if the injury requires emergency medical attention. If the bleeding cannot be controlled, immediately call 9-1-1. Firm pressure should be applied and the extremity elevated until emergency medical services arrive.

If the wound can be treated and controlled, then follow the steps below:

1. **Apply pressure** - Stop the bleeding. Apply firm pressure for several minutes with a clean cloth, dressing, or gloved hands.
2. **Elevate the extremity** - While still applying pressure, elevate the extremity. If bleeding persists, then further medical attention is required.
3. **Clean the wound** - With soap and water, clean the wound of any foreign material or debris. Betadine or hydrogen peroxide may be used to initially clean the wound.
4. **Cover the wound** - After the wound is thoroughly cleaned, apply a bandage to prevent the development of infection and block debris from entering. Neosporin or Bacitracin may be applied to help with infection prevention.
5. **Apply additional bandage** - If the first bandage becomes saturated with blood, DO NOT remove it. Apply a second bandage to reinforce the first.
6. **Contact responsible parties** - Contact or refer the injured party to the school nurse or campus health services. If the injured party is a minor, then inform the parent or legal guardian of the first aid measures that have been applied.
7. **Ongoing care** - The wound should be washed 3 times per day with soap and water. The reapplication of bandages should also include antibiotic ointment to help with the prevention of infection.

