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If you don't have vinegar available, use a baking soda slurry instead. Immerse the affected area in hot water, as hot as the person can tolerate, for at least 20 minutes or until the pain goes away. If hot water isn't available, use dry hot packs. If those aren't available, use dry cold packs.

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LONDON, NEW YORK, MUNICH,  
MELBOURNE, DELHI ... The goal of this manual is to instruct you in these basic skills and to provide you with the knowledge you need to make a positive difference in the life of any ill or injured

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person to whom you give aid.

## **First Aid Manual**

- Send someone to call 911 or the designated emergency number and obtain an AED and first aid kit.
- Ensure that the person is face-up on a firm, flat surface such as the floor or ground.
- Begin CPR (starting with compressions) or use an AED if one is immediately available, if you are trained in giving CPR and using an AED.

## **First Aid Steps | Perform First Aid | Red Cross**

Written by our very own John Furst, this first aid book aims to be a comprehensive pocket guide for any first aid emergency.. From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere first aid guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently ...

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