

First Aid Instructions



If an emergency response is needed, call 119 for an ambulance. *available 24 hours a day*
They can direct you to hospitals with emergency services and guidance about whether you should seek immediate care or call an ambulance.

Cuts	<p>-If there is dirt in the wound, flush it with running water.</p> <p>-Apply pressure to the wound with clean gauze or a towel to stop bleeding.</p> <p>-When possible, elevate the wound higher than the heart.</p> <p>*If the wound is deep, seek plastic surgery or other surgical attention.</p>	<p>How to stop bleeding</p> <p>Apply clean gauze or a handkerchief directly to the wound and press firmly. To prevent infection, do not touch the injured person's blood directly.</p>
Puncture wounds	<p>-If punctured with a nail, remove it, rinse the wound thoroughly with tap water, and wrap with clean gauze for protection. *Seek surgical attention immediately as there is a possibility of tetanus infection.</p> <p>-If the puncture wound is deep, do NOT remove the item. Seek surgical attention immediately.</p> <p>-Call an ambulance if a foreign object or iron rod is lodged in your head or chest. Do NOT remove the object as there is a risk of hemorrhage or tissue damage.</p>	
Burns	<p>-Immediately begin to cool the burn. Run the affected area under tap water or apply a towel soaked in cold water. Cooling should continue for at least 30 minutes. If it would be difficult to remove the clothes around the site of the burn, cool over clothing.</p> <p>-If blisters form, refrain from popping them as this may lead to infection. *In severe cases, seek attention from a dermatologist while cooling the burn.</p> <p>-For chemical burns, remove any contaminated clothing and flush the burn with large amounts of water. If contaminated clothing cannot be removed, pour running water over the clothing.</p> <p>-If dealing with a chemical that heats up when exposed to water, first wipe off the substance with a dry cloth before flushing the burn with large amounts of water. *Seek medical attention from a dermatologist.</p>	<p>*Inquiries</p>
Fractures and sprains	<p>-Do not forcibly move the individual. Support the fracture or sprain with a brace or by other means and let the injury rest.</p> <p>-If bone is exposed or there is bleeding, stop the bleeding with clean gauze or a towel.</p> <p>*Seek orthopedic attention.</p>	
Dislocated joints	<p>-Do not move the injured joint. Do NOT try to put the joint back into place. Support the dislocated joint with a brace or by other means. *Seek orthopedic attention.</p>	
Head trauma	<p>-Check if the injured person is conscious. Do not check for consciousness by shaking them.</p> <p>-If the person is not breathing and unconscious, call an ambulance while beginning to apply CPR and attach an AED.</p> <p>-If the person is conscious but not bleeding, check the following:</p> <p>①nausea ②unequal pupil size ③bleeding from the ears, nose, or eyes ④weakness or inability to use arms or legs. If these symptoms are not present, lay the person down and monitor their condition.</p> <p>-If any of the above apply, or you cannot make a judgment on your own, call an ambulance.</p> <p>-If there is a soft tissue injury to the head (a bump), cool the affected area.</p> <p>*If there was serious head trauma, seek neurosurgical attention.</p>	
Foreign objects in the eye	<p>-Flush eyes with large amounts of water. Fill a container with tap water, submerge the face, and blink repeatedly.</p> <p>-If the eyes have been exposed to chemicals, wash them thoroughly for at least 15 minutes using running water or by changing out the water in the container repeatedly.</p> <p>-If there are contact lenses that cannot be removed or other obstacles preventing you from washing the affected person's eyes, seek emergency care.</p> <p>*If pain or discomfort continues after rinsing, or if the eyes are exposed to chemical substances, be sure to seek ophthalmological attention.</p>	
Electrical shock	<p>-Always begin by turning off the power. Exercise caution: you may also get shocked if the power is not turned off. Move the affected person to a safe area.</p> <p>-If the person is not breathing and unconscious, call an ambulance while beginning to apply CPR and attach an AED.</p>	<p>*Inquiries</p>
Gas poisoning	<p>-Immediately call 119. Ventilate the room if possible. When ventilating, take precautions to avoid exposing yourself to the gas. Notify those in the vicinity of the situation to prevent igniting the gas and causing an explosion.</p> <p>-Move the affected person to an area with fresh air (do not let them walk) and loosen their clothing.</p> <p>-If the person is not breathing and unconscious, call an ambulance while beginning to apply CPR and attach an AED.</p>	<p>*Inquiries</p>
Poison ingestion	<p>-If the person is unconscious or convulsing, call an ambulance immediately. Lay them on their side in the "recovery position" (hand supporting head and knee bent to prevent body from rolling onto stomach).</p> <p>-Initial treatment varies depending on what was ingested. Dial a poison control center.</p> <p>*For any corrosive poisons or petroleum fuels, rinse the mouth. Do NOT induce vomiting.</p> <p>*Reference *What to do if you ingest poison (what you can and should not do at home)</p> <p>https://www.j-poison-ic.jp/general-public/response-to-a-poisoning-accident/at-home/ (only available in Japanese)</p>	<p>*Inquiries</p>
Heatstroke	<p>-If the person loses consciousness, call an ambulance.</p> <p>-Cool the person immediately; do not wait until the ambulance arrives.</p> <p>(target areas with large blood vessels to cool more effectively): see the figure to the right</p> <p>-If they are conscious, help them rehydrate slowly in a cool environment.</p>	<p>Cooling parts</p>

*Inquiries: Japan Poison Information Center (for advice on first aid for poisoning accidents and whether it is necessary to seek medical attention)

Osaka Poison Control Center: 24-hour hotline 072-727-2499
Tsukuba Poison Control Center : 24-hour hotline 029-852-9999

Reference Chemical substances: Model labels and model SDS (safety data sheet) information for GHS

https://anzeninfo.mhlw.go.jp/anzen_pg/GHS_MSD_FND.aspx (only available in Japanese)

