



# Family First Aid

## Manual

### 家庭急救手册

Red Cross Society of  
China Beijing Branch 北京市红十字会



北京出版社



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# 建立信心 拯救生命

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急救是您应该知道和掌握的知识 and 技能，即使您希望不必使用它们！

家庭生活中常见意外有擦伤、烫伤、割伤、碰伤和突发疾病等。有些轻伤和疾病并没有生命危险，也不需要立即就医，只要处理得当就可以使紧急情况化险为夷。所以每个家庭成员都应该了解一些急救知识，连小孩子也应该学会如何处理简单意外情况或寻求救助。学会一些基本的自救互救技能，可在身边发生意外时，在专业救护人员到达之前，快速行动给予适当急救，以大幅减少其不良后果。

家庭备灾的一项准备是购买现成的急救包，而且要学会如何正确地使用它。学习掌握这本《家庭急救手册》所讲述的急救知识，据此您可以做好准备。一旦家中发生紧急情况时，如果您已经有易读易懂的指示可循，对拯救生命、减轻伤害是至关重要的！

近年来在京在华的外国人越来越多，为了便于中外人士学习和掌握必要的急救知识和技能，北京市红十字会编辑出版了中英文对照版《家庭急救手册》，希望所有的家庭幸福平安。

一起来学习急救知识，保证您和您家人的健康、平安！

北京市红十字会常务副会长

韩陆



## **Saving Lives Through Learning and Practicing First Aid**

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First aid is one of those things you should know, even though you hope never to have to use it!

Accidents can occur at any time and at any place. Scrapes, burns, cuts, bumps and sudden illnesses — are part of any family life. However, most injuries are not life threatening and do not require immediate medical attention at the emergency room or hospital. Having the knowledge and having the skills to treat minor injuries can make a difference in an emergency. Thus everyone in the family should know some first aid. Even young children can learn how to stop a bleeding cut, or how to get help. It is critical to know basic techniques and be confident in one's skills to administer first aid to oneself and others. Quick action by knowledgeable people on the scene to give first aid in an emergency before the arrival of professional medical personnel will mean less damage and a speedier recovery.

One critical item to prepare for disaster is to get a ready-made first-aid kit. However, it is equally important to learn the right way of administering first aid. You will be knowledgeable and prepared by learning the lessons in the “Family First Aid Manual”. It is imperative to have easy-to-read instructions at hand when a medical emergency happens in your home.

In recent years, there are more and more international residents and visitors in Beijing and in other parts of China. To facilitate our citizens and our international friends to learn



and have handy information for first aid, the Beijing Red Cross edited and published the "Family First Aid Manual" (Chinese-English version). The Beijing Red Cross sincerely wish that all families enjoyed peace, safety and happiness.

Together, let us learn First Aid and improve the health and safety for you and your family.

Han Lu

Executive Vice President/CEO

The Chinese Red Cross Beijing Branch

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