

First Aid for Cuts and Scrapes

Accidents and injuries can happen unexpectedly. They can be caused by falls, physical activities, handling of sharp objects, burns, or outdoor mishaps, etc. The harm can include cuts, scrapes, bleeding, skin damage, infections, and discomfort. Minor cuts and scrapes can be handled easily with First Aid.

Some guidelines:

- **Wash your hands:** Clean your hands before treating any wound to avoid infections. Use soap and water or an alcohol-based hand sanitizer to clean your hands.
- **Control the bleeding:** If the cut is bleeding, apply gentle pressure with a clean cloth or sterile gauze pad to stop the bleeding. Elevate the injured area, if possible, to reduce blood flow.
- **Clean the wound** gently, rinse the cut or scrape with clean cold water to remove any dirt or blood. You can use mild soap or antibacterial soap. Wipe it clean with a sterile cloth.
- **Apply an antibiotic cream** to keep the surface moist and help prevent infections and scarring. Caution certain ingredients in some ointments can cause a mild rash in some people.
- **Cover the wound** after the affected area is clean and the bleeding has stopped. Keep it covered while it heals. You can use adhesive bandages, gauze, and surgical tape to cover the wound.
- **Do not use cotton balls or tissues** as small fibers can get stuck in the wound and increase the risk of infection.
- **Watch for signs of infection:** Most minor injuries will heal naturally by themselves if kept clean, ventilated, and covered with antibiotic cream. Once a new skin layer is formed the wound can be left open. However, if you see signs of infection on the skin or near the wound, such as redness, increasing pain, oozing of fluid, warmth, or swelling seek medical intervention.

Not all cuts require tetanus boosters, but taking an anti-tetanus injection is recommended for deep, dirty, contaminated injuries.

To know more:

- [List of Emergency numbers](#)
- [Indian First Aid manual 2016 \(7th edition\) Authorized manual \(page 90\)](#)
- [How to handle emergencies at home with First Aid](#)

Your Health, Your Responsibility