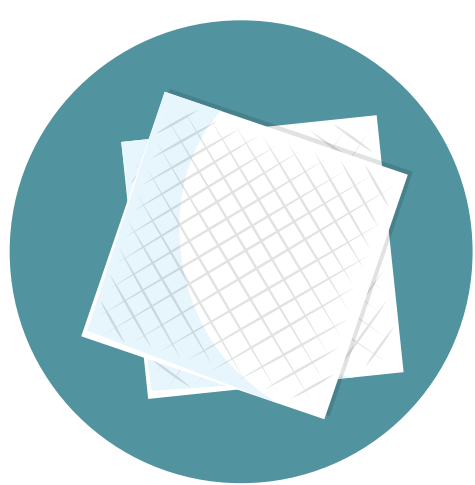# CUTS AND GRAZES FIRST AID

01 Clean the wound by rinsing it under running water or using sterile wipes.

02 Pat the wound dry using a gauze swab and cover it with sterile gauze.If you don't have these, use a clean, non-fluffy cloth, like a tea towel.

03 For a cut, raise and support the injured part above the level of the heart. Avoid touching the wound.

04 Clean around the wound with soap and water. Wipe away from the wound using a clean swab for each stroke. Pat dry. Remove wound covering and apply a sterile dressing or large plaster.

Hospitality Industry Insurance

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