

**Text promoted by Hindu Janajagruti Samiti**

**Useful for the coming World War times and at other times too**

**First-aid training : Vol. 2**

# **First-aid on bleeding, injury, fracture, etc.**

(English)

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**Sanatan Sanstha**

Over 8.19 million copies of 337 Sanatan's Texts published as of April 2021 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

## ❧ ————— Preface ————— ❧

Generally speaking, first-aid is the help provided to a sick or injured person until full medical treatment is available. Taking into consideration the present day hectic lifestyle, coming World War 3, natural calamities, riots, etc., it has become imperative for every prudent citizen to get trained in first-aid more as a duty towards Society and the Nation. Generally, no one panics on seeing bleeding from a minor injury. However, whenever an injury is serious, most people are confused about the do's and don'ts, and as a result, they panic. This Text includes the first-aid to be provided during serious injuries, such as those that result in severe bleeding from a wound, fracture of bones, muscle injuries, dislocation of joints, muscle cramps, etc. Along with first-aid, there is also a Chapter on 'dressings, bandages and slings', which will help the reader understand these better.

We pray at the Holy feet of Shri Guru that after reading the Text series on First-aid Training and receiving first-aid training, may every prudent citizen become a good first-aider.

**- Compilers**

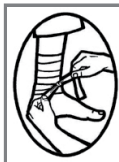
## ❧ ————— ❧

**Sanatan's Text in this series useful for the adverse times**

### **First-aid to save a victim's life and on conditions such as shock**



- ❧ Understand the need of hour and take First-aid Training
- ❧ General instructions for the first-aider
- ❧ Some suggestions about the first-aid box

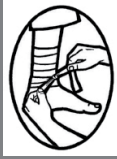


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### Sanatan's Text on becoming Ideal Parents

#### Develop the child's intellect & mind



This Text presents the best of ideals for children, such as the qualities of righteousness, patriotism and love for Dharma. Parents must read this Text for the bright future of their children.



## Chapter 3

# Injuries to muscles and ligaments, dislocation of joints and muscle cramps in the calves

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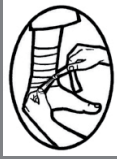
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## Read Sanatan's Text in the 'Parenting' series

### How to become ideal parents ?



- ❖ What are the important phases of development between 1 and 12 years ?
- ❖ What is the recommended immunisation schedule for children ?
- ❖ What should be the diet of a normal child ?
- ❖ What are the methods of disciplining a child when he misbehaves and should he be physically punished ?



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