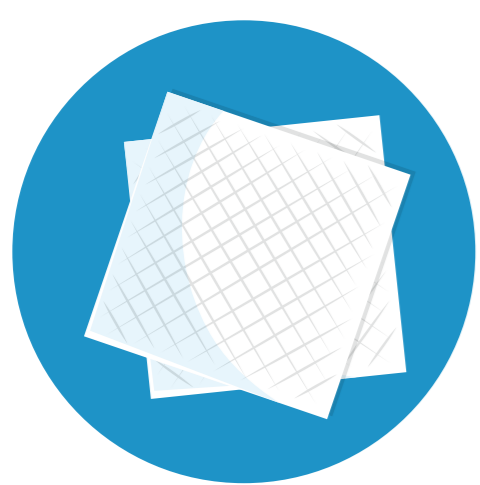


# Cuts and grazes first aid



**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.



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