

Respond to Tornado Injuries with First Aid Training

After a tornado strikes, injuries may result from the direct impact of the storm or afterwards when people walk among debris and enter damaged buildings. A study of injuries after a tornado showed 50 percent of the tornado-related injuries were suffered during rescue attempts, inspection of damage and cleanup. Protecting yourself, family and community members requires promptly treating any injuries suffered during the storm and using extreme care to avoid further risks.

Consider taking a first aid training course to learn life-saving skills and put them to use after a tornado or other emergencies. The [National Safety Council](#) and [American Red Cross](#) both offer first aid training to get prepared.

Some basic tips to follow in the event of an injury include:

- Do not attempt to move seriously injured people unless they are in immediate danger;
- If someone has stopped breathing, begin CPR if you are trained;
- Stop a bleeding injury by applying direct pressure to the wound;
- Have any puncture wound evaluated by a physician; and
- Call 911.

For more information, visit <http://www.ready.gov/tornadoes>.