

Download European Red Cross First Aid Manual

First aid is the first and immediate assistance given to any person suffering from a serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. Abdominal thrusts (also called the Heimlich maneuver or Heimlich manoeuvre, German pronunciation: [ˈhaːmlʔç -]) is a first aid procedure used to treat upper airway obstructions (or choking) by foreign objects. The International Committee of the Red Cross (ICRC) ensuring humanitarian protection and assistance for victims of war and other situations of violence. Beira — A total of 37,720 Mozambicans have now received shelter aid – either tarpaulins to replace destroyed roofs, or full tents – in a concerted international response to devastation brought by Cyclone Idai, one of the worst natural disasters to strike this African nation in decades.