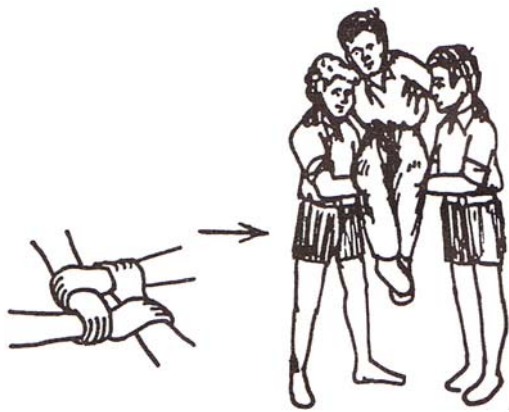
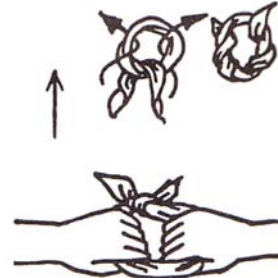


Các cách khiêng người



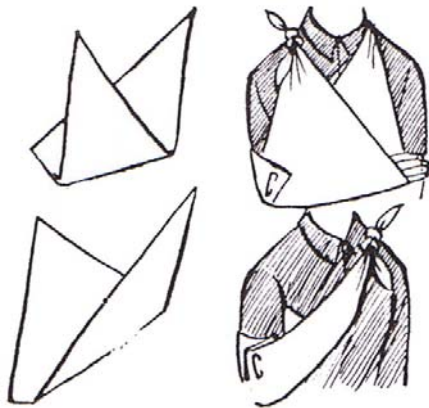
Dùng tay không



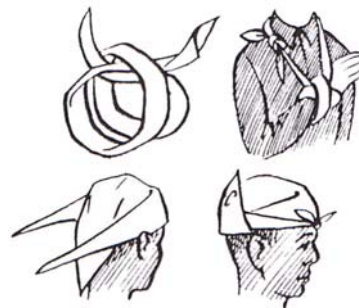
Dùng khăn quàng

Các cách băng bó

Treo cánh tay

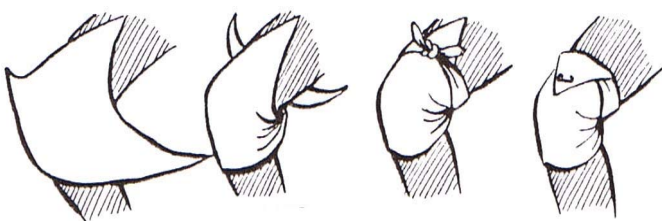


Treo cổ tay

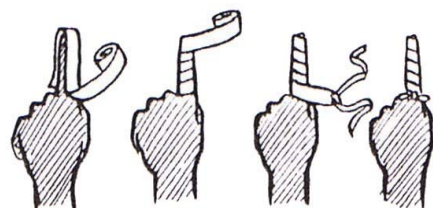


Băng đầu

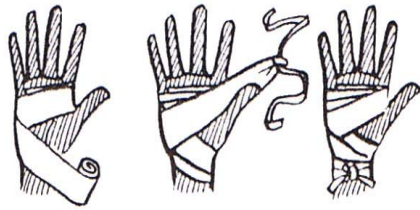
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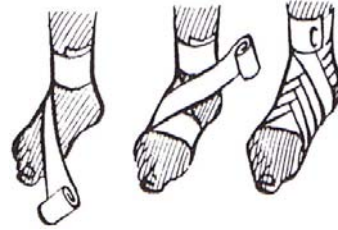
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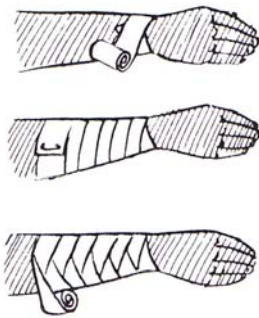
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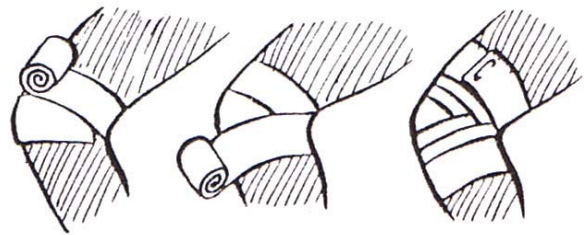
Băng bàn chân



Băng cánh tay



Băng đầu gối



Băng bàn chân

