



5 BASIC FIRST AID SKILLS

If it is serious call 999



1. STAY SAFE:

- ★ The first step is to make sure that the situation is safe before you try to help.
- ★ Avoid putting yourself in danger, so if there are hazards such as broken glass or traffic, move to a safe place and call for help, either from a nearby adult or by calling 999.
- ★ If it is serious call 999.



Press firmly on the wound

2. BLEEDING:

- ★ Press firmly on the wound using some clean fabric such as a dressing or towel.
- ★ This helps reduce the bleeding.
- ★ Raise the injured area so it's higher than the person's heart.
- ★ Treat the person for shock by making them lie down with their head low and their legs raised.

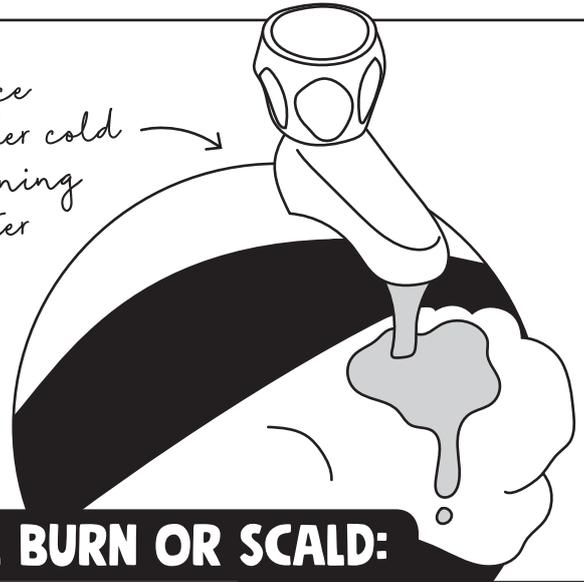


Elevate to reduce swelling

3. SPRAINS & STRAINS:

- ★ Look for signs of soft tissue damage such as bruising, swelling and pain.
- ★ Use the RICE technique: get the person to rest the injured area, apply ice such as a packet of peas wrapped in a towel, compress the injury with a bandage or other padding to keep it comfortable, and elevate it to reduce swelling.

Place under cold running water



4. BURN OR SCALD:

- ★ Move the person away from the heat.
- ★ Place the burn or scald under cold running water for a minimum of 10 minutes.
- ★ Remove jewellery and clothing around the area, unless stuck to the burn.
- ★ Cover the burn loosely with kitchen film to prevent infection. Don't burst the blisters.



If the person feels faint help them to lie down

5. FAINTING

- ★ If the person feels faint, help them to lie down.
- ★ Raise their legs and support their ankles if possible.
- ★ If inside, open the windows to ensure the person has plenty of fresh air.