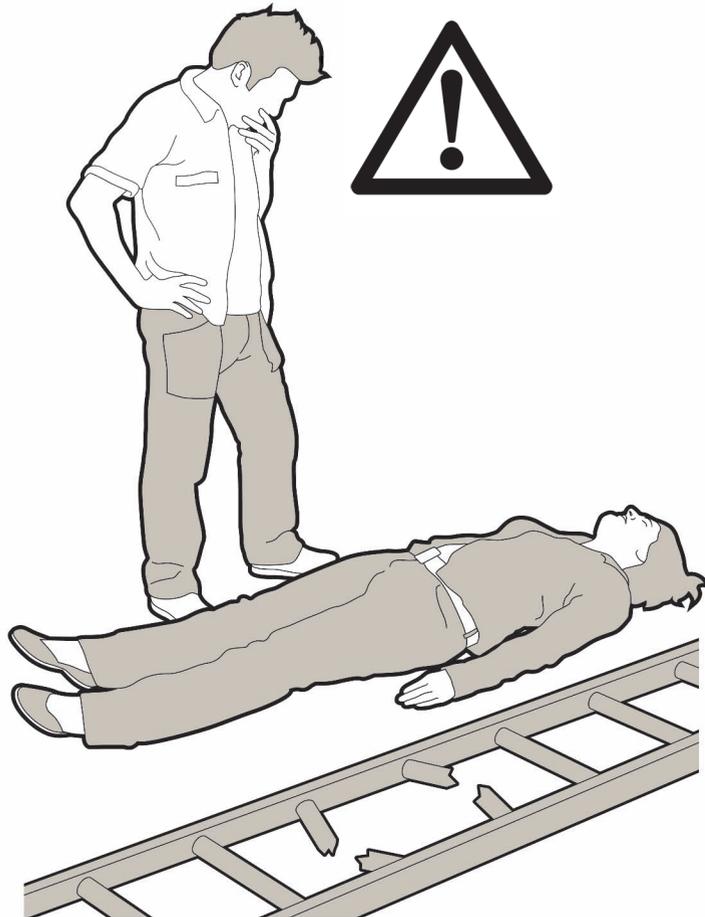




First aid

Checking the person is awake and breathing



Step 1.

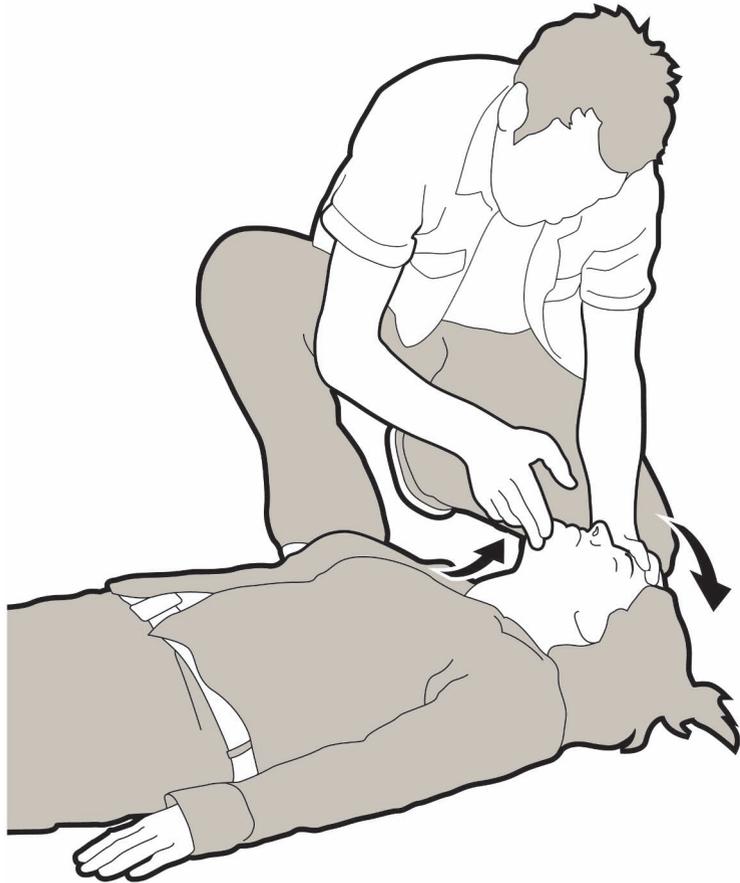
- > Is it safe to help the person?



Step 2.

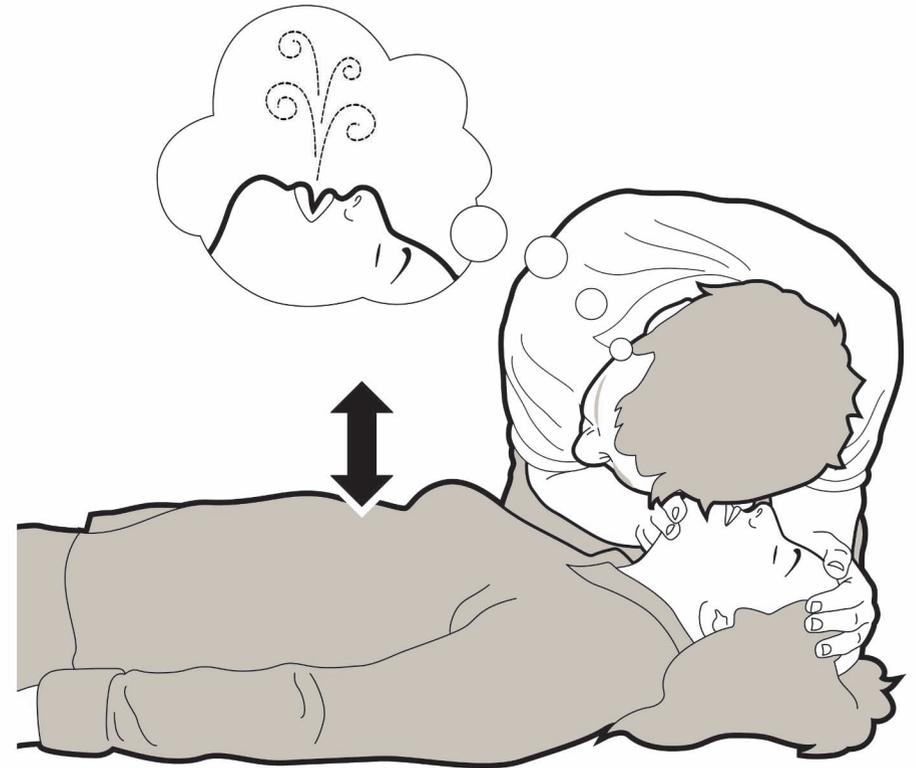
- > Does the person speak to you or open their eyes when you speak to them or shake them?

Checking the person is awake and breathing



Step 3.

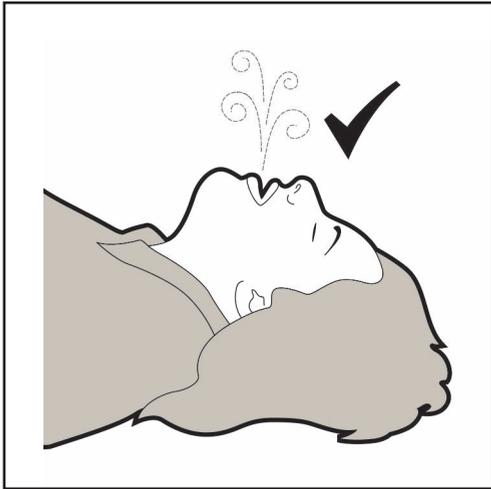
- > If they don't speak or open their eyes tilt their head back and lift their chin.



Step 4.

- > Look, listen and feel for breathing.

If they are breathing

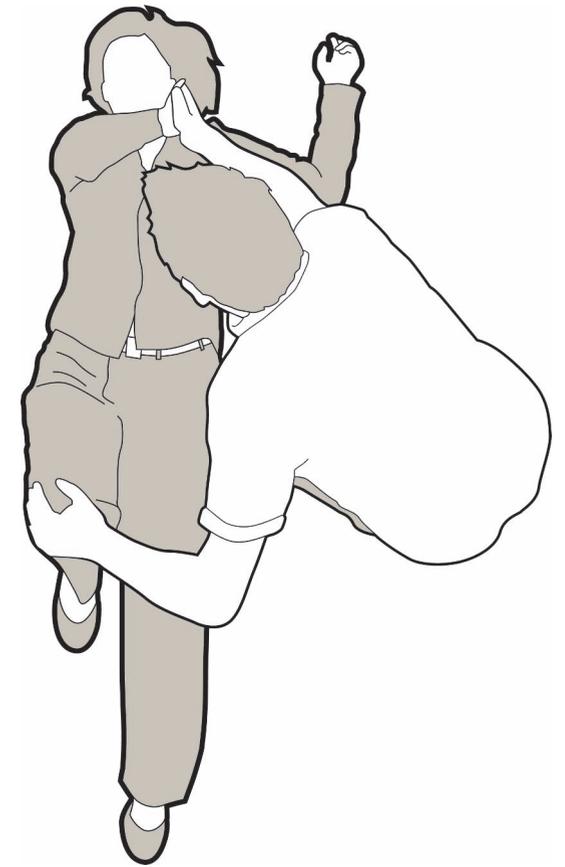


Breathing



Step 1.

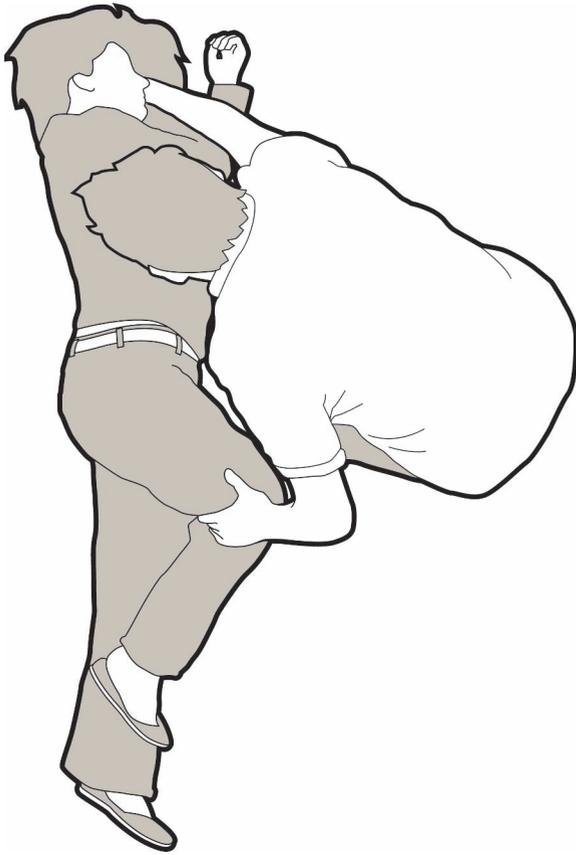
- > Lift the arm which is nearest to you.



Step 2.

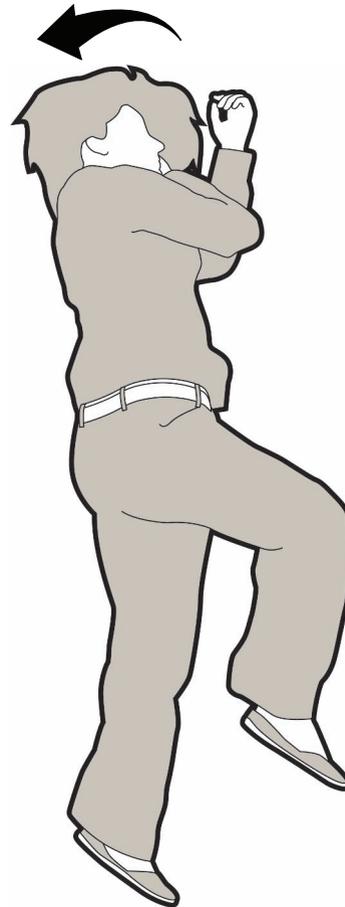
- > Take the person's other hand and hold it by their face. Keep holding it there.
- > Pull up the knee furthest away from you.

If they are breathing



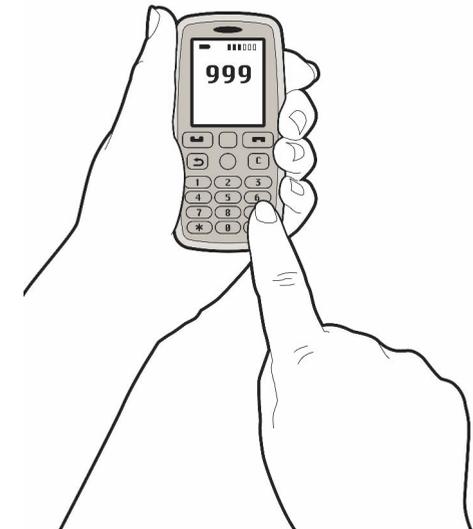
Step 3.

- > Pull the knee towards you and roll the person on their side.
- > Gently remove your hand from the person's face.



Step 4.

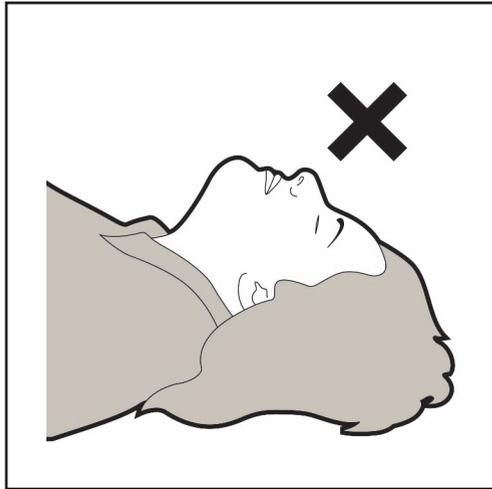
- > Tilt their head back and lift their chin. Check they are breathing.



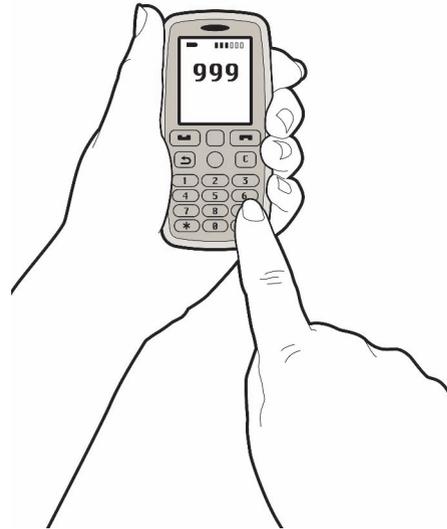
Step 5.

- > Call 999.

If they are not breathing

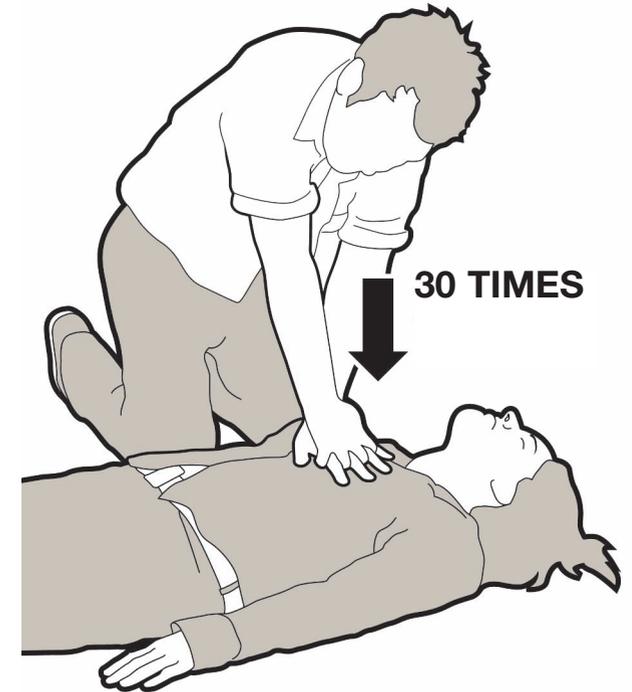


Not breathing



Step 1.

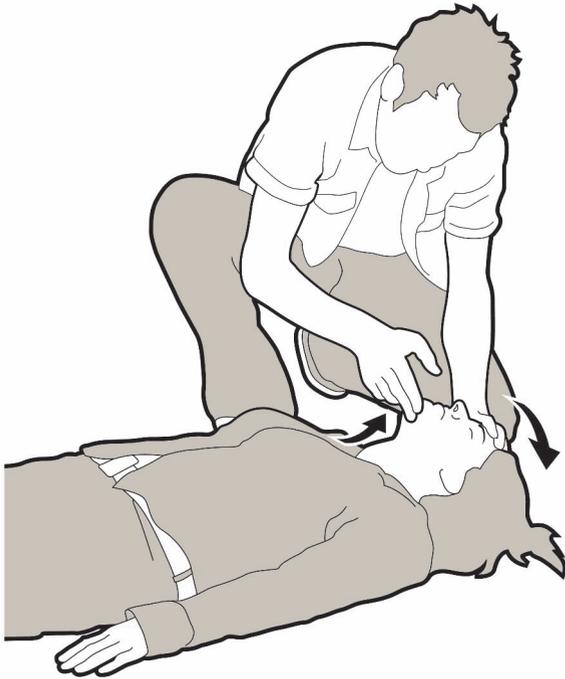
> Call 999.



Step 2.

> Press down on their chest 30 times.

If they are not breathing



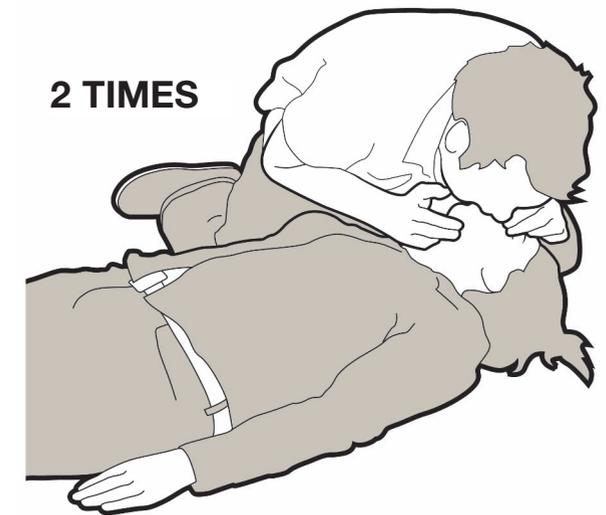
Step 3.

- > Tilt their head back and lift their chin.



Step 4.

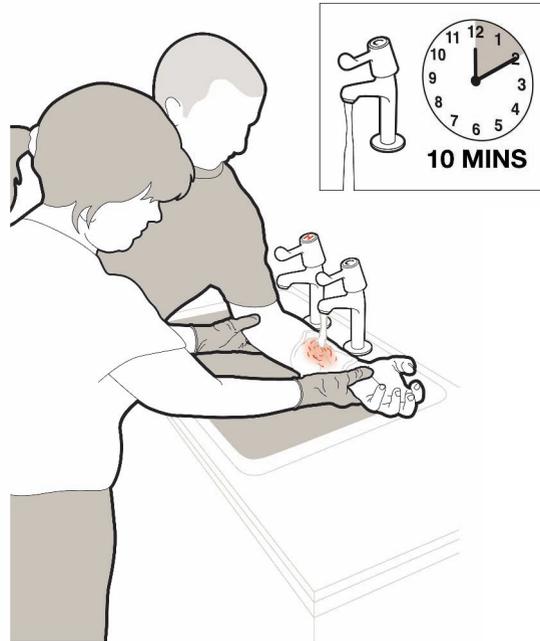
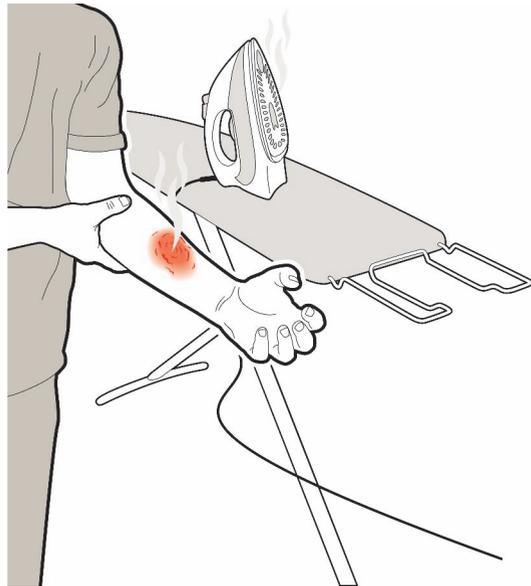
- > Pinch their nose.



Step 5.

- > Blow air into their mouth. Do this twice.
- > Keep doing Step 2, Step 3, Step 4 and Step 5 until help arrives.

Burns



Step 1.

- > Put the burn under cold water for 10 minutes.

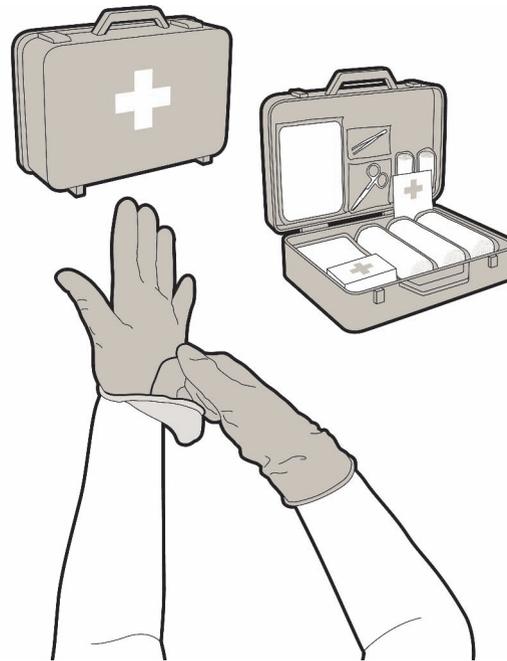
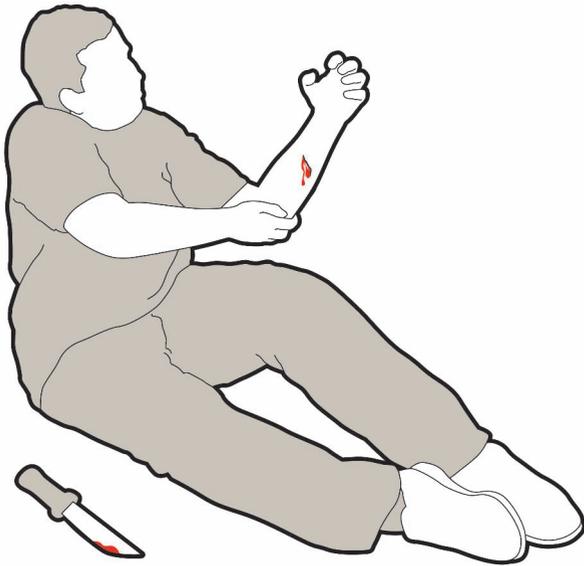


Step 2.

- > Cover the burn with a clean pad or cling film.
- > If the burn is bad dial 999.



Bleeding



Step 1.

- > Put on some gloves if you have some.



Step 2.

- > Press on the injury with something clean like a tea towel. Tie a bandage around it.
- > Lift up the part of the body that is injured.
- > If the bleeding is bad dial 999.



Choking



Person cannot speak, breathe or cough.

Choking



Step 1.

- > Hit the top of the back 5 times.

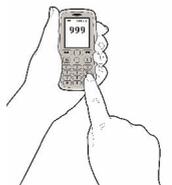


Step 2.

- > Place clenched fist above belly button. Pull in and up 5 times.

Step 3.

- > If still choking do step 1 and step 2 twice more.
- > If still choking dial 999.



Nose Bleed



10 MINUTES



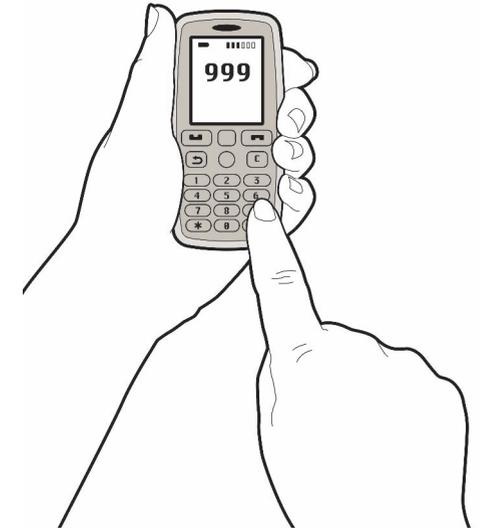
Step 1.

- > Get the person to sit down.
- > Tilt their head forward.
- > Pinch the end of their nose for 10 minutes.



Step 2.

- > If the nose is still bleeding then do Step 1 twice more.



Step 3.

- > If **still** bleeding after 30 minutes call 999.

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