

For pupils

# What you need to know

## Remember – at all times:

1. stay calm and check if the area is safe
2. think before you do anything
3. talk to the person you are helping
4. look for an adult to help.

For any emergency where someone is very ill or injured, you need to get adult help AND call 999.

### Keep safe when helping others



- > Look and listen for danger
- > Check for hazards to keep yourself and others safe

**Remember...**  
Keep yourself safe when helping others

### Get help



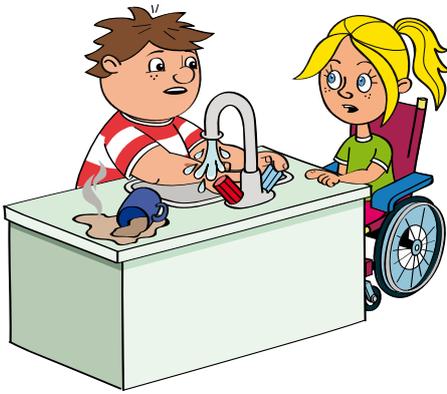
- > Look for an adult to help
- > If you need an ambulance, call 999
- > Tell the operator:
  - where you are
  - who is hurt
  - what has happened

**Remember...**  
Call 999 for an ambulance

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# What you need to know

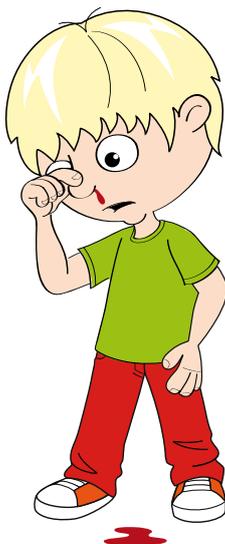
## If someone has a burn...



- > Cool the burn under running water for at least ten minutes
- > Tell an adult
- > If the burn is bad or it is a child who is burnt, call 999

**Remember...**  
**Cool it**

## If someone has a nose bleed...



- > Sit up straight
- > Lean head forward
- > Pinch soft part of the nose for ten minutes
- > If bleeding doesn't stop, tell an adult and call 999

**Remember...**  
**Lean forward and pinch it**

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# What you need to know

**If someone is choking...**



- > Hit the person firmly on the back up to five times
- > Check their mouth
- > If the object does not come out, tell an adult and call 999

**Remember...  
Hit their back**

**If someone is unconscious and you need to check if they are breathing...**



- > An unconscious person does not move or answer you
- > Gently tip the person's head back to open their airway
- > Tip their head back and look, listen and feel for breaths
- > If they are not breathing, tell an adult and call 999

**Remember...  
Look, listen and feel for breaths**

**If someone is unconscious and breathing...**



- > An unconscious person does not move or answer you
- > Turn them on their side
- > Tip their head back
- > Tell an adult and call 999

**Remember...  
Roll on side and tip head back**

**If someone has a broken bone...**



- > Tell the person to keep the injury still
- > Support it to stop it moving – use their hand, clothes or cushions
- > Tell an adult and call 999

**Remember...  
Keep it still and support it**

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**If someone has a bad bleed...**



- > Press on where the blood is coming from and keep pressing on it
- > Use a t-shirt or any clothing to press on the bleed if possible
- > Tell an adult and call 999

**Remember...  
Press on it**

**If someone has an allergic reaction...**



- > Keep away from the cause of their allergy
- > Get the person to sit comfortably
- > Encourage them to take their medication if they have it
- > If this does not seem to help, tell an adult and call 999

**Remember...  
Get them comfortable and help them to take their medication**

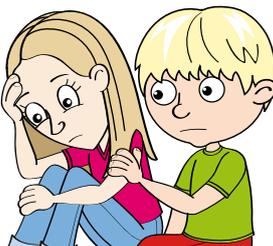
**If someone is having an asthma attack...**



- > Get the person to sit comfortably
- > Encourage them to use their inhaler
- > If this does not seem to help, tell an adult and call 999

**Remember...  
Get them comfortable and help them to use their inhaler**

**If someone is upset...**



- > Keep calm yourself
- > Ask them how you can help
- > Listen to them
- > Help as best you can
- > Afterwards, talk to an adult who you know and trust

**Remember...  
Keep calm and listen**