

This resource is intended as an informative and engaging educational aide. It is not intended or implied to be professional advice, nor is it intended or implied to be a substitute for professional medical diagnosis or treatment.

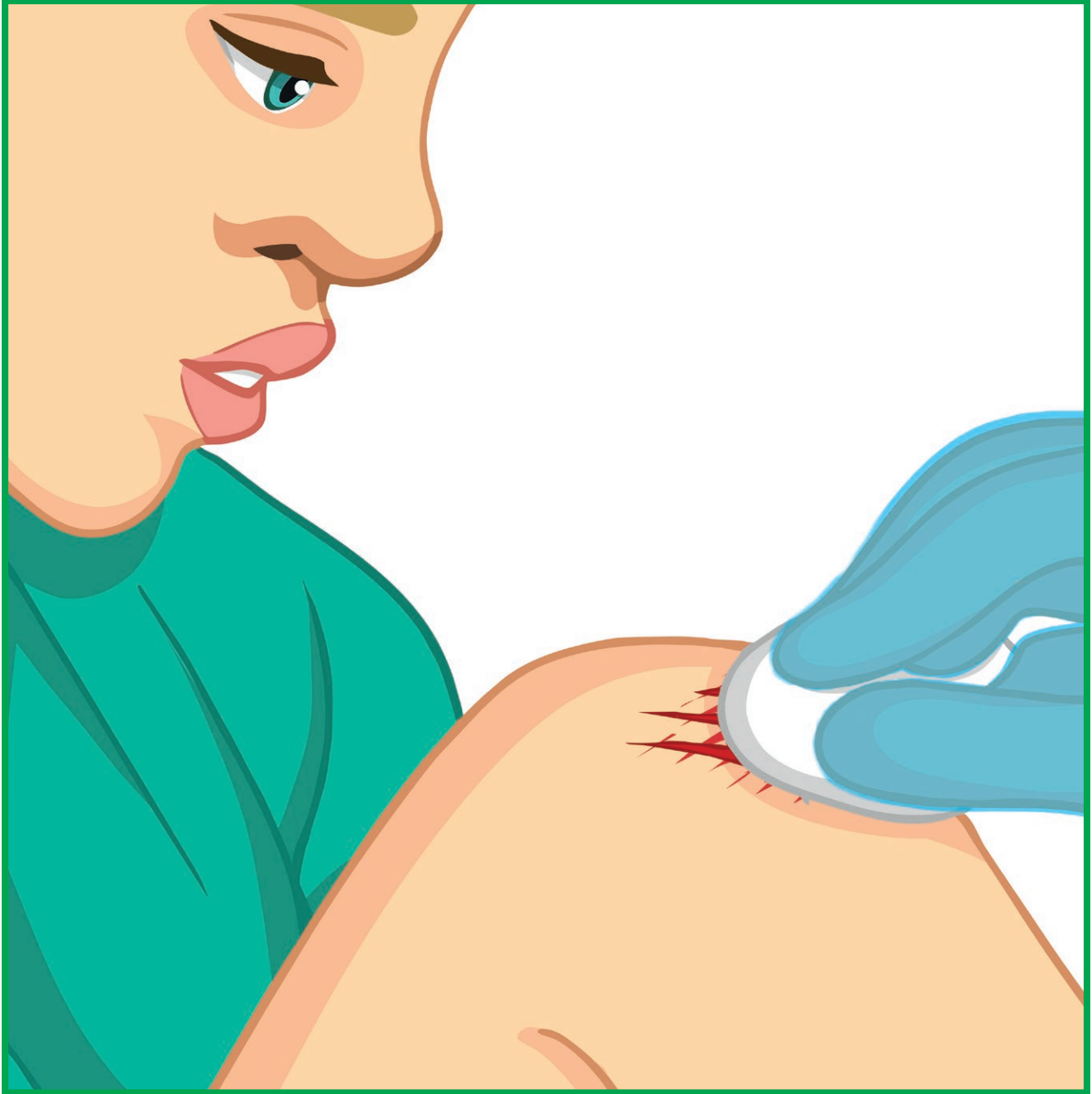
Twinkl cannot guarantee that the information included in this resource will meet you or your students' health or medical requirements. It is your responsibility to contact a health professional if you are concerned about your health and you should advise your students to contact a health professional if they are concerned about their health.

You must inform your students that they should not rely on the information communicated by this resource and that they should seek professional medical assistance or advice before taking any action on the basis of any information within this resource.



First Aid Skills

What to do in case of cuts and grazes:



1. Clean and dry the wound.
2. Apply a dressing or plaster.



First Aid Skills

What to do in case of dehydration:

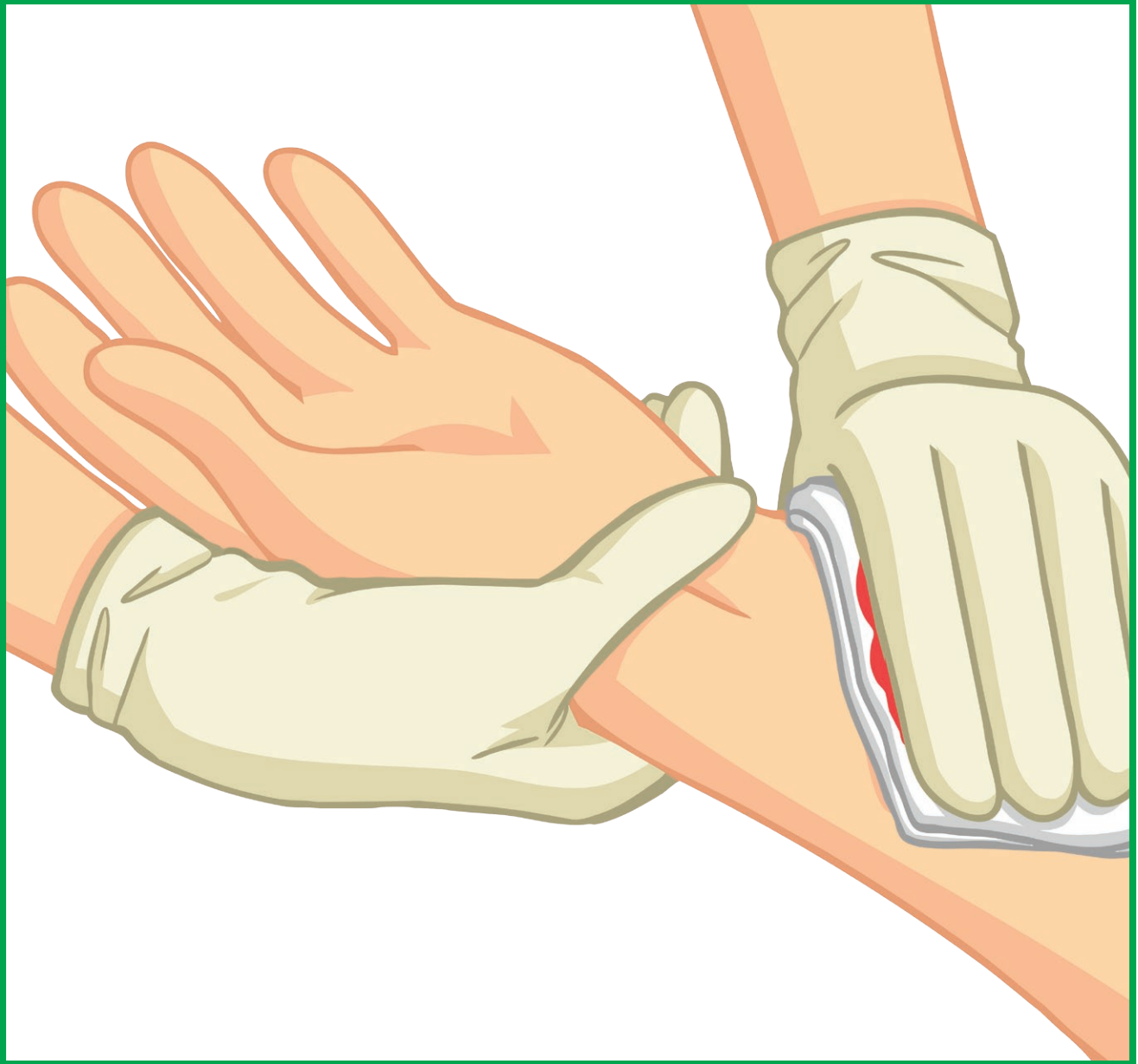


1. Lie the person down somewhere cool.
2. Elevate and support their legs.
3. Provide plenty of clear fluids to drink.



First Aid Skills

What to do in case of heavy bleeding:

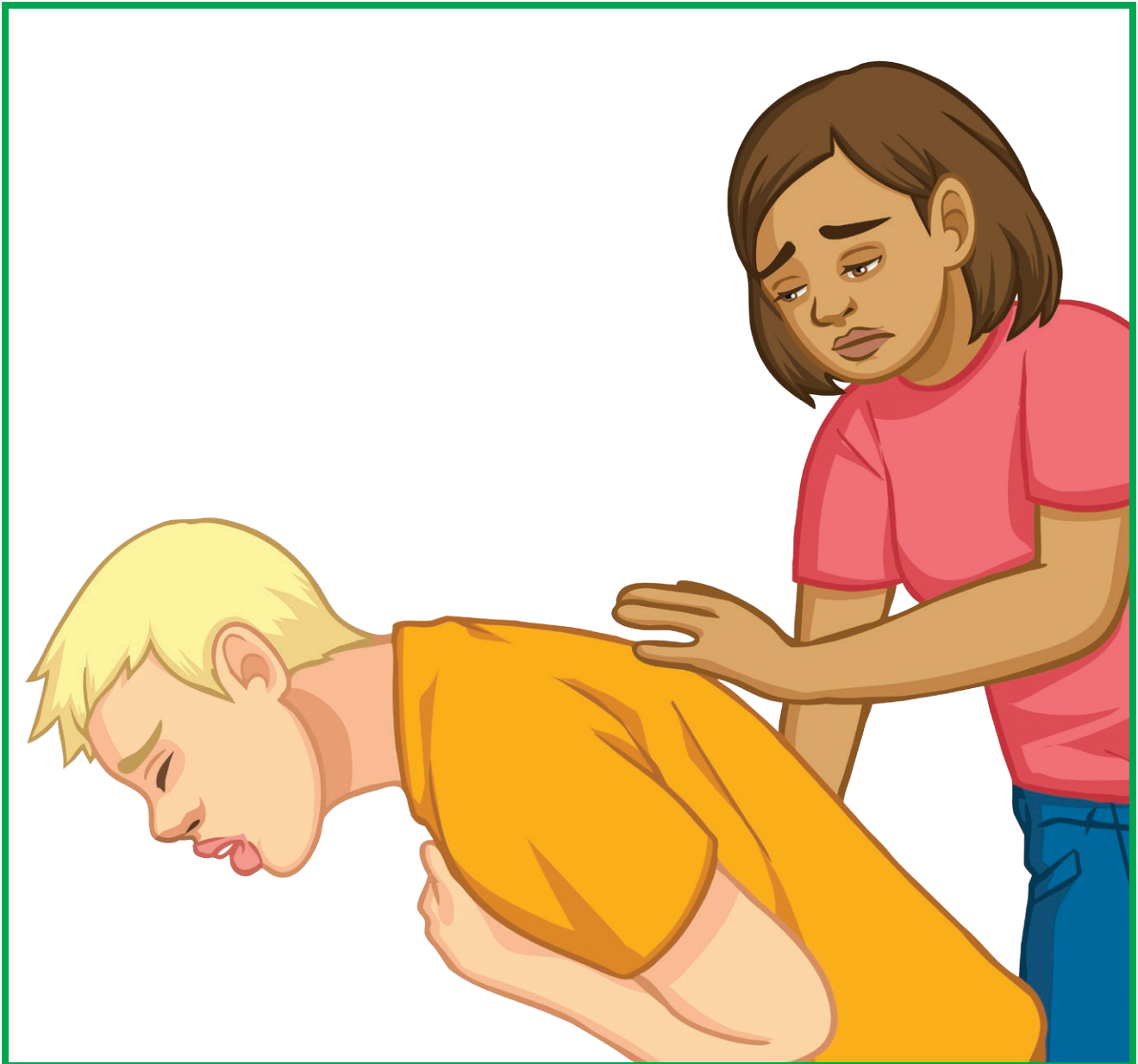


1. Apply pressure to the wound.
2. Call 999 for an ambulance.
3. Maintain pressure until assistance arrives.



First Aid Skills

What to do in case of choking:



1. Hit them firmly on the back between the shoulder blades.
2. Check for breathing or that the item is dislodged.
3. Call 999 and start CPR, if necessary.

First Aid Skills

What to do in case of head injury:



1. Sit the person down and apply something cold to the injury.
2. Call 999 if the person becomes drowsy or vomits.



First Aid Skills

What to do in case of a burn or scald:



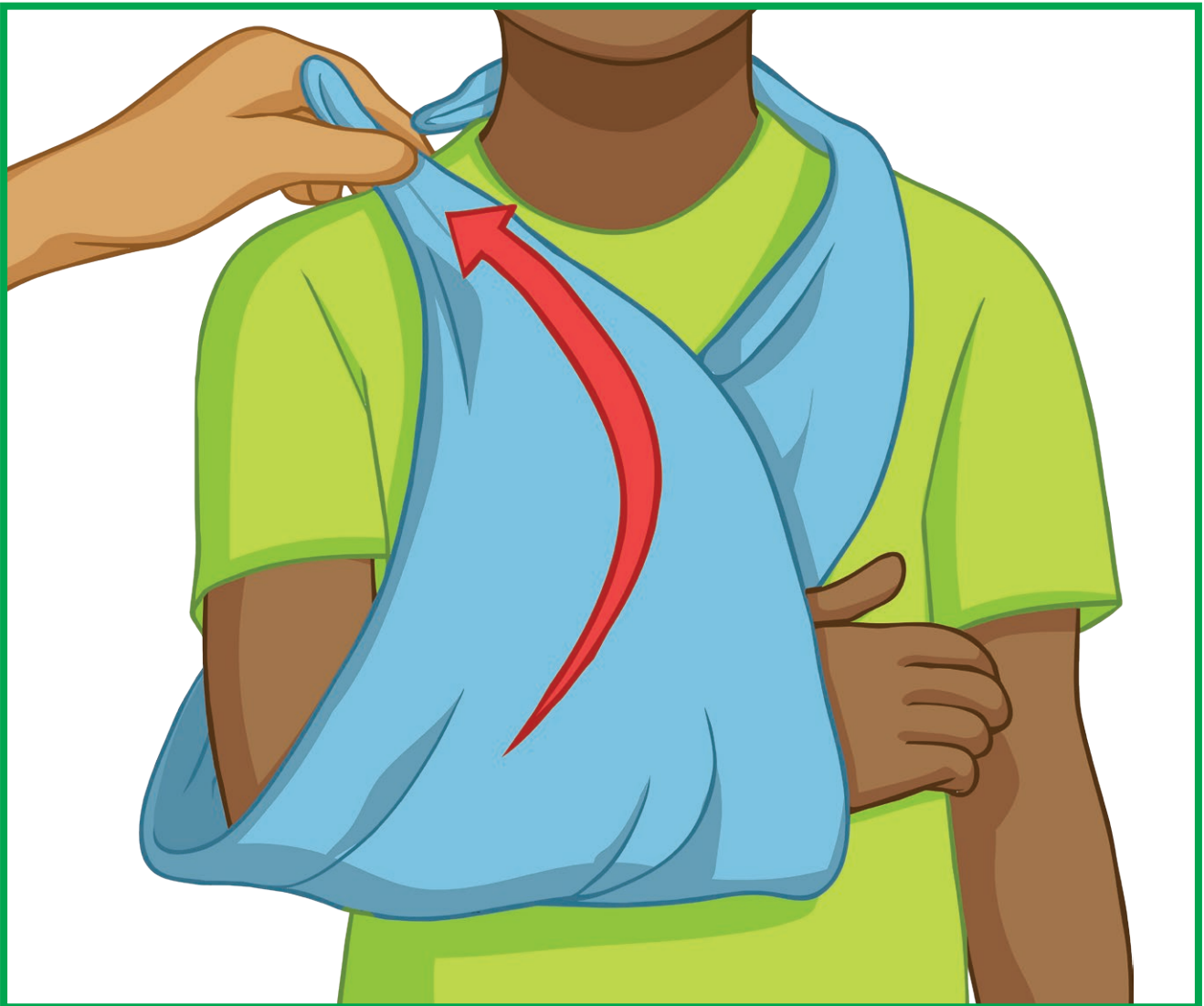
1. Cool under cold running water for 10 minutes.
2. Cover with plastic food wrap.
3. Call 999 if necessary.



First Aid Skills

What to do in case of a broken bone:

1. Support the injury with their hand, a cushion or clothing.
2. For broken bones, the patient should go to hospital as soon as possible for assessment. Call 999 for a rib or thigh fracture, or if there is severe pain or bleeding.
3. Continue to support the injury until professional medical assistance is available.



First Aid Skills

What to do in case of a seizure:

1. Do not restrain the person, but use something soft to protect their head.
2. After the seizure, help the person to rest on their side.
3. Call 999, if necessary.



First Aid Skills

What to do in case of an asthma attack:

1. Help the person to sit down and take their medication (e.g. inhaler).
2. Reassure the person.
3. Call 999, if the attack worsens or they have no medication.



First Aid Skills

What to do in case of poisoning:

1. Try to establish; what, when and how much of the substance has been taken.
2. Call 999 as soon as possible.
3. Do not induce vomiting.



First Aid Skills

What to do in case of a sprain:

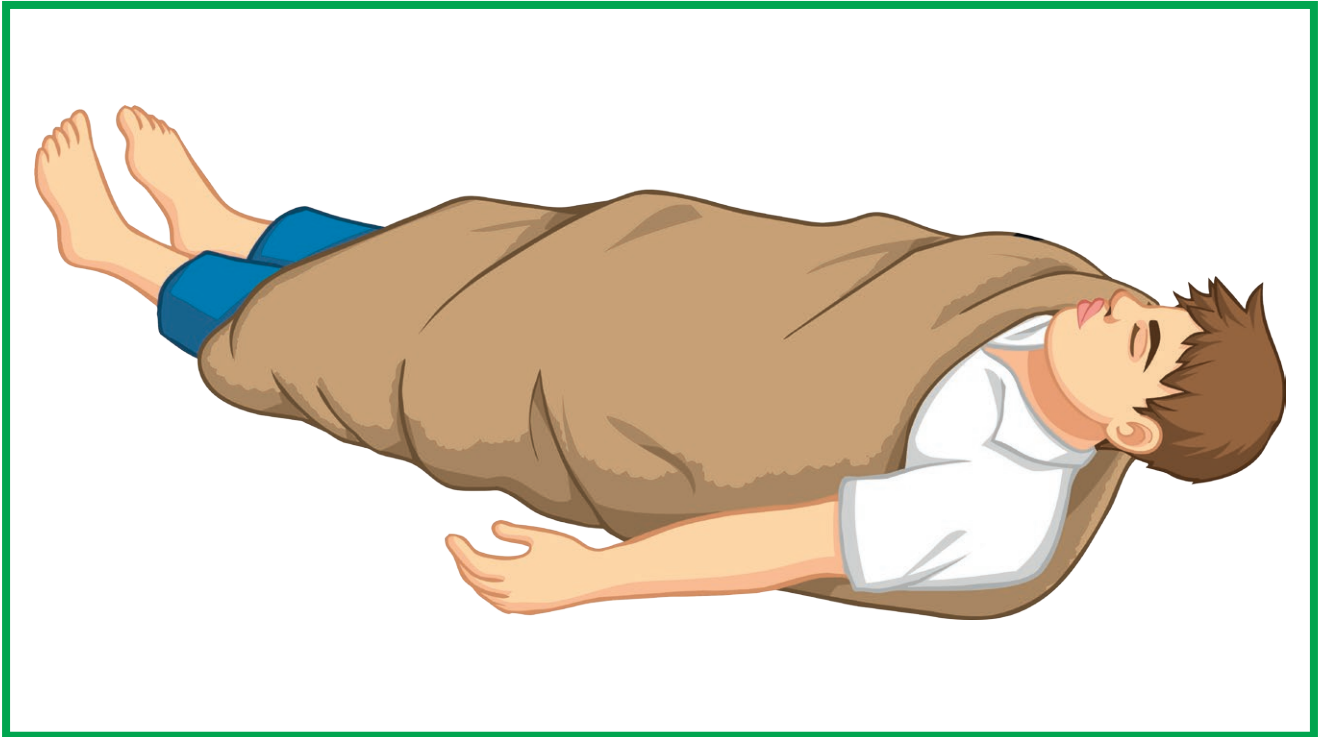


1. Encourage the person to rest.
2. Apply ice or something cold to the injury.
3. See your GP if the injury does not improve.



First Aid Skills

What to do in case of a hypothermia:



1. Call 999 as soon as possible.
2. Try to warm the person, e.g. wrap with a blanket.
3. Reassure the person until assistance arrives.

First Aid Skills

What to do in case of an allergic or anaphylaxis reaction:



1. Call 999 for a paramedic.
2. Reassure the person until assistance arrives.



First Aid Skills

What to do in case of a diabetic emergency:

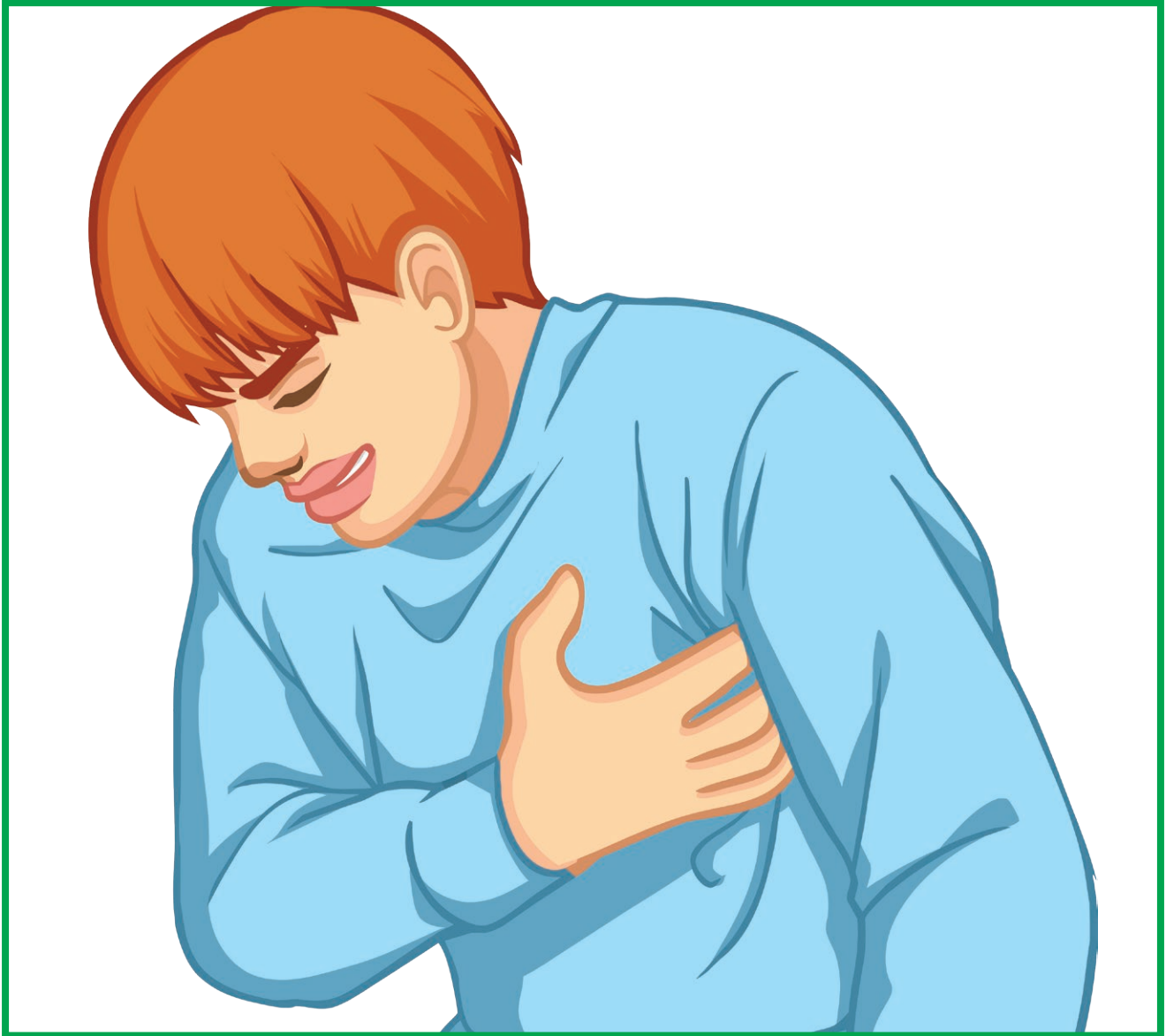


1. Help them sit down. If they have their own glucose gel, help them take it. If not, you need to give them something sugary like fruit juice, a fizzy drink, three teaspoons of sugar, or sugary sweets.
2. Reassure the person.
3. If the person has high blood sugar levels, call 999.



First Aid Skills

What to do in case of a heart attack:



1. Call 999 immediately.
2. Put the person in a comfortable position (e.g. sat leaning against a wall).
3. Reassure the person until assistance arrives.



First Aid Skills

What to do in case of a stroke:



1. Call 999 immediately.
2. Reassure the person until assistance arrives.



First Aid Skills

What to do in case of meningitis:



1. Call 999 immediately.
2. Reassure the person until assistance arrives.



First Aid Skills

What to do in case of unresponsive but breathing:



1. Check their airways by tilting the head back.
2. Move the person into recovery position.
3. Call 999 as soon as possible.



First Aid Skills

What to do in case of unresponsive and not breathing:



1. Check their airways by tilting the head back.
2. Call 999 as soon as possible.
3. Begin CPR and continue until assistance arrives.

