

Be a First Aid Hero with Leo the Lion!

Stay calm, stay safe, and be a helping hand!

- If someone is hurt, your first step is to stay calm and find an adult immediately. Never try to fix a serious injury all by yourself.
- Check for danger! Before you help, look around to make sure you are safe from things like traffic, electricity, or slippery floors.
- For a small cut, wash your hands first, then apply gentle pressure with a clean cloth to stop any bleeding.
- If someone has a burn, put the area under cool, running water for at least ten minutes to soothe the skin.
- In a real emergency, call 999 and tell the operator exactly where you are and what has happened.

Did you know? Did you know? The first ever first aid manual was published in the late 1800s to help railway workers! Today, knowing simple first aid means you can help keep your friends and family safe until an adult or a doctor arrives.

Key vocabulary: Emergency · First Aid · Recovery Position · Pulse · Pressure · Hygiene