

First Aid Heroes: Be Prepared!

Stay Calm, Stay Safe, and Be a Helper!

- If someone is hurt, always check that the area is safe for you to enter before approaching them.
- Call 999 for an ambulance if the person is unconscious, has severe bleeding, or is struggling to breathe.
- To help stop bleeding, apply firm, steady pressure to the wound using a clean cloth or bandage.
- If a person is breathing but unconscious, place them into the recovery position to keep their airway clear.
- Stay with the person until an adult or a professional paramedic arrives to take over.
- Clear communication is vital; tell the emergency operator exactly where you are and what has happened.

Did you know? Did you know? The term 'First Aid' was officially coined in 1879 by a group of railway surgeons who wanted to provide immediate medical assistance to passengers before a doctor could arrive. Today, quick thinking remains the most important tool for any helper!

Key vocabulary: Emergency · Conscious · Recovery Position · Pressure · First Aider · Communication