

Stay Safe with Leo the Lion: First Aid Basics

Be a Safety Hero: Stay Calm, Stay Safe, and Help Others!

- If someone is hurt, always tell a trusted adult or a teacher straight away.
- For small cuts, wash the area with clean water and cover it with a sterile plaster.
- If someone has a bump on their head, use a cold pack wrapped in a cloth to help it feel better.
- In a big emergency, call 999 to speak to the ambulance service, but only when an adult tells you to.
- Always stay calm and speak in a kind, quiet voice to the person who is hurt.

Did you know? Did you know? The first thing to do in an emergency is to check that you are safe before you try to help someone else. Keeping yourself safe means you can help much better!

Key vocabulary: First Aid · Emergency · Adult · Plaster · Help · Safe