

Be a First Aid Hero: Staying Safe and Helping Others

Stay Calm, Stay Safe, and Save the Day!

- **What is the very first thing you must do before approaching a person who is hurt? (Hint: Check for dangers to yourself!)**
- **How do we check if a casualty is responsive? Always speak loudly and gently tap them on the shoulder.**
- **Why is it vital to remain calm when calling 999? Clear communication helps the operator send the correct help quickly.**
- **What information should you provide to an operator? Your location, what happened, and how many people are hurt.**
- **Why should you never move someone who appears to be seriously injured unless they are in immediate danger?**
- **How can you help keep a casualty calm while waiting for professional help? Keep talking to them in a reassuring, gentle voice.**

Did you know? Did you know? The emergency services number 999 was first introduced in London in 1937. Today, it is used across the United Kingdom to connect people in need of urgent help with the police, ambulance service, or fire brigade immediately.

Key vocabulary: Emergency · Hazard · Casualty · Response · Primary Survey · Communication · Resilience