

First Aid Heroes: Be Prepared!

Stay calm, stay safe, and be the help that someone needs!

- 1. If you see someone hurt, always check that the area is safe from hazards before you approach them.
- 2. If a person is unconscious but breathing, carefully place them into the recovery position to keep their airway clear.
- 3. Always call 999 for an ambulance if the situation is a serious emergency. Give the operator your clear location.
- 4. For small cuts, wash the area with clean water and apply a sterile dressing or a plaster to keep it clean.
- 5. If someone is choking, encourage them to cough. If they cannot breathe, ask a trusted adult to help immediately.
- 6. Stay calm and stay with the person until an adult or a medical professional arrives to take over.

Did you know? Did you know? The first step in any first aid situation is to check for danger to yourself. You cannot help others if you become a casualty yourself! Always look, listen, and think before you rush to help.

Key vocabulary: Emergency · Recovery position · First aider · Casualty · Hazard · Response