

 **First Aid** 

What to do if Someone has a Burn



If somebody has been burnt by something hot, the most important thing is to cool down the burnt area using water.



Very carefully remove any loose clothing which is covering the burn. Put on gloves if possible.



Do not remove anything that is stuck to the burn.



Put their burn under cool running water (you could use a tap or a hose).



Hold the burn under the water for a **full 20 minutes** (it is best if you time this). Try to keep the rest of them dry and warm by giving them a jumper or a blanket.



Suitable for:

- KS1 ✓
- KS2 ✓
- KS3 ✓



If the burn is really big and painful you need to phone  Always tell an adult what happened & get burns seen by a health professional.



# First Aid

## How to Treat a Deep Cut which is Bleeding



If somebody has a cut, your most important job is to stop blood coming out - **not to clean the cut!**

**1**

Calmly sit the person down. Put on gloves if possible.



Have a look at the wound to see if there is anything stuck in it. If there is, **do not take it out**, but be very careful not to push it in any further.

**2**

**3**

Find some **clean** material which is non-fluffy, such as a t-shirt or tea towel.



Use the material to apply firm pressure to the wound, and hold it there to stop the bleeding.

**4**

Suitable for:

KS1 ✓  
KS2 ✓  
KS3 ✓

**5**

Wash your hands and tell an adult what happened.



## Choking

Choking is very common and extremely scary, but people rarely die because of it.



How do you know if someone is choking?

They will be unable to speak or cry, not be able to breathe and might be clutching their throat.

If they can cough or speak, this means that they can breathe. They should just be encouraged to cough.

If someone is choking:

1. Stay calm and encourage them to cough to remove the object.
2. If this doesn't work, bend them forward, supporting their chest with one hand.



3. With the other hand, use your palm to give a firm hit between the shoulder blades.
4. Check to see if they have stopped choking before giving another blow.



If they lose consciousness and stop breathing, **start CPR**

## Anaphylaxis (Allergic Reaction)

Allergies are very common in children and can cause anything from a 'tingly tongue' to proving life-threatening. About 2 in 5 people in Britain will suffer an allergic reaction at some point in their life.



Common triggers:



### Common Anaphylaxis Triggers



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- Peanuts
- Tree nuts (almonds, walnuts, cashews, Brazil)
- Sesame
- Fish
- Shellfish

[www.firstaidforlife.org.uk](http://www.firstaidforlife.org.uk)  
[emma@firstaidforlife.org.uk](mailto:emma@firstaidforlife.org.uk)  
020 8675 4000

# How to use an adrenaline autoinjector

(Epipen, Jext or Emerade)



1. Hold in your dominant hand



2. Remove the cap with your other hand



3. Swing and jab the tip of the autoinjector into your upper, outer thigh (with or without clothes, but avoiding seams)



4. Hold the injection in place **for 10 seconds**



5. Massage the injection site for 10 seconds



6. **Phone for an ambulance**





## Asthma

Asthma affects 1 in 11 children. You cannot get rid of asthma, but you can make it easier to live with. Asthma makes it very hard to breathe sometimes.

Most people can control their symptoms with their inhalers. However, asthma is a serious condition and sadly people can die from asthma attacks.

People who have asthma often know their triggers. They should always carry their inhalers with them, and it is the blue inhaler that they need in an emergency.



Common asthma triggers:



# How To Deal With An Asthma Attack

## Step 1

Help the casualty to take their usual dose of reliever (usually blue) inhaler immediately, preferably through a spacer.



## Step 2

Sit the casualty upright  
Get them to take slow steady breaths  
Keep calm and try to keep them calm  
Do not leave them unattended

Have the symptoms improved immediately?

**No**

## Step 3

Continue to give two puffs of reliever inhaler every two minutes, up to 10 puffs.

## Step 4

If the casualty does not start to feel better after taking the reliever inhaler as above or if you are worried at any time call 999.



## Step 5

If an ambulance does not arrive within 10 minutes repeat step 3 while you wait

If the casualty is a child, parents/carers should be informed

**Yes**

Continue to sit with the casualty until they are feeling completely well and can go back to previous activity.

If the casualty is a child, parents/carers should be informed

Signs of an asthma attack can

include any of these

- Coughing
- Being short of breath
- Wheezy breathing
- Being unusually quiet
- Tightness in their chest some children express this as tummy ache





## Burns

Treating burns quickly and appropriately is vital and makes a huge difference to the extent and speed of recovery. Prompt and appropriate first aid can significantly reduce pain and scarring.

### How to treat a burn:

1. Carefully remove any loose clothing covering the burn.

Do not remove any clothing that has stuck to the burn.

2. Put the affected area under cool running water for minimum 20 minutes, ideally longer.



Remember you are cooling the burn, not the casualty so just cool the affected area under water. Keep the rest of the casualty as warm and dry as possible.

3. Call 999 if:
  - A large area is affected (larger than a 50p piece for a baby)
  - The skin is broken or blistered
  - The casualty is showing signs of shock
  - The casualty is a young child or elderly person and the burn is severe enough to require dressing
4. Keep the area under water while you wait for the ambulance to arrive.

### Never:

- Remove anything that has stuck to a burn
- Touch a burn
- Burst blisters
- Apply any creams, lotions or fats
- Apply tight dressings, tapes or use anything fluffy

## Bleeding

If someone is bleeding, your priority is to **stop the blood coming out**. The best way to do this is to **press hard on the cut with a clean towel or cloth**.

Don't hold a cut under the tap – you will lose blood.

The most important thing is to **stop the bleeding** not to clean the cut. You can clean it later.

### What to do:

1. Encourage the casualty to sit or lie down. If there is a lot of blood and they begin to feel sick or dizzy, lie them down and raise their legs.



2. If there is anything inside the cut, do not take it out, just apply pressure either side of the object.
3. Put pressure on the cut to try and control the bleeding. Keep holding for 10 minutes.

## Seizure (a.k.a. fit or convulsion)

1 in 20 people will experience a seizure, fit or convulsion during their life.

### What is a seizure?

There are many types of seizures.

Seizures can be momentary, and the casualty may not even realise they are having a fit. However, seizures can also cause violent, out-of-control thrashing movements.

A seizure is caused by a disturbance in the electrical activity in the brain. It can be caused by lack of oxygen to the brain, by a bang on the head, a brain tumour, a cardiac arrest, raised temperature, drugs, fainting and many other things. Sometimes doctors can't tell why a seizure happened.

### If someone is having a seizure:

1. Ease them to the ground if they are on a chair or standing up.
2. Remove any objects against which they could hurt themselves.
3. Ask bystanders to move away and protect the casualty's dignity.



4. Protect their head (e.g. with a pillow or clothes).
5. Loosen any tight clothes.
6. Stay with them and talk to them reassuringly throughout the seizure.
7. Once the seizure has stopped, check that they are breathing.
8. Put them in the recovery position if they are unresponsive.

**If they are not breathing, start CPR.**

## Managing seizures

- Don't put anything in their mouth
- Don't restrain them



Roll the person into the recovery position after the seizure has stopped

- Protect their dignity
- If the seizure lasts **more than 5 minutes** phone an ambulance

## Head Injuries

Fortunately, most bumps to the head result in damage to the scalp only. Injuries to the head often look more serious than they are, as heads have a lot of veins and so bleed a lot. However, serious head injuries can result in damage to the brain, so it is vital to know what to look out for and quickly recognise signs that there could be something seriously wrong.



Call 999 if a baby or child is injured and they lose consciousness, even momentarily.

If someone has bumped their head, remain calm, but treat the injury as serious and get help to get the person to A&E if you observe any of the following:

- Abnormal breathing
- A serious wound
- Bleeding or clear fluid from the nose, ear or mouth
- Disturbance of speech or vision
- Pupils of unequal size
- Weakness or paralysis
- Dizziness
- Neck pain or stiffness
- Fitting
- Vomiting more than once

### NOTE:

If it is a child that has bumped their head, ensure you tell their parent, or a responsible adult, what has happened. Symptoms can appear up to 48 hours after the injury and it is important everyone is aware that they have sustained an injury.



# Signs And Symptoms To Look Out For Following A Head Injury

The following signs and symptoms can appear immediately or over the next couple of days. Keep a close eye on the casualty and get medical advice if at all concerned.

## Observed by others

- ▶ Appears stunned or dazed.
- ▶ Loses consciousness ( even briefly).
- ▶ Is confused about events.
- ▶ Trouble thinking or concentrating.
- ▶ Can't recall events prior or after event.
- ▶ Shows behaviour or personality changes.
- ▶ Answer questions slowly and repeats questions.
- ▶ Has difficulty remembering things and organising themselves.



## Experienced by Casualty

- ▶ Headache or pressure in the head.
- ▶ Balance problems or dizziness.
  - ▶ Nausea/Vomiting.
- ▶ Sensitivity to light or noise.
  - ▶ Does not feel right.
- ▶ Blurred vision or double vision.
- ▶ Feel "Dazed", sluggish, foggy or groggy.
- ▶ Difficulty concentrating or remembering.
- ▶ Feeling irritable, sad, nervous or more emotional.
  - ▶ Sleep disturbances.



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# CPR

Not responding?



Not breathing?



5 rescue breaths



30 chest compressions

