



# Basic First Aid

Accidents happen, and it is likely that one day you will need to help someone who has been injured, or who suddenly becomes very unwell. You might need to call 999 for an ambulance, but there is often something you can do straight away to help the problem. This is called “First Aid” and can save a life. The most common injuries are cuts, burns and falls. Here’s a brief guide to what you can do to help.

## Cuts and wounds

- Raise the injured part of the body to slow down the bleeding and apply pressure to the wound with a cloth or piece of clothing.
- You will need to go to the doctor or to A&E if the wound is deep or if it was caused by a bite.
- If you cannot stop the bleeding and the cloth is becoming soaked with blood call 999.

## Burns

- Remove clothing unless it is stuck to the skin.
- Run cool (not cold) water over the burn.
- Do not put any oily cream or ice on the burn.
- Cover minor burns with a gauze bandage.
- If the burn is severe, covers a large area of the skin or looks infected (increasing redness, pus, swelling) you will need to see a doctor or go to A&E.
- If the patient cannot be moved call 999.

## Falls

- Put a cold compress on any bumps, take a pain killer (e.g. paracetamol) and rest for a few hours.
- Keep an eye out for signs of head injury or concussion – if the patient is disoriented, feels sick, vomits several times or has a persistent headache or increasing pain call 999 or take them to A&E.
- If the patient is unconscious, has a seizure or has clear fluid or blood coming from their nose, ears or mouth, call 999.
- Don’t try to move someone who has fallen and is unconscious, they might have a neck or spinal injury. Call 999.