

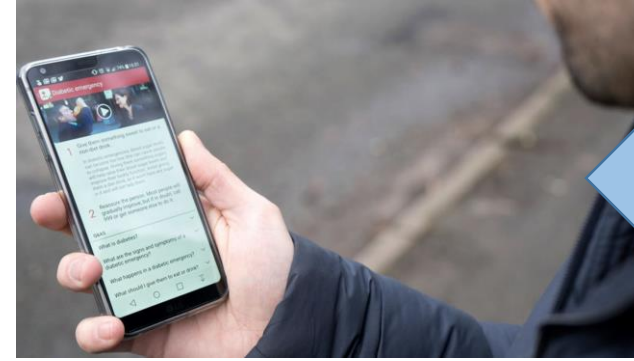
Basic first aid

We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to CW2020@bishopchalloner.bham.sch.uk

It is very important that if we ever need to use first aid we have the knowledge to do it safely. Ideally we would always ask an adult or qualified professional to administer first aid, but if it is an emergency and no one else is around to help we may have to do it ourselves. The aim of this session is to teach you some basic first aid skills. Despite having first aid knowledge it is always best to consult with an adult and if someone is seriously injured or you are unsure how bad an injury is call 999.

For more information on first aid go to the Red Cross webpage or app.

Task 1. Read this sheet carefully. Consider what information is new and what is just a re-cap.



Seek permission from an adult at home to download the Red Cross First Aid app for free today. The app has useful information, quizzes and emergency advice.



Burnt yourself?

Cool the burn under cold running water for at least ten minutes

If the burn is severe call 999

(Not sure if it is severe remember you can always call the non-emergency medical helpline 111)



Cut yourself and bleeding heavily?

Put pressure on the bleed with whatever is available to stop or slow the flow of blood

Call 999

Keep pressure on the wound until help arrives



Hit your head hard?

Rest and apply something cold to the injury e.g. frozen peas wrapped in a tea towel

Call 999 if they are unconscious, become drowsy, vomit or their condition gets worse



See someone having a seizure?

If possible make them safe and prevent injury by using a blanket or clothing to protect their head. Do not restrain them.

Call 999 if....

- you are alone and unsure what to do or
- the person has never had a seizure before or
- if it lasts longer than 2 minutes



Broken bone?

Do not move someone if you suspect they have a broken bone.

If you can support it with a cushion, item of clothing or their hand to prevent unnecessary movement

Call 999

Task 2. Complete the quiz, then mark your answers using the answers below. Now find two other people to quiz, share the answers with them and if they get a question wrong make sure you explain the answer

1. What is the first thing you do if you see a friend not moving on the floor?
2. If you call 999 and don't know exactly where you are what can you do?
3. If you have called 999 what do you do next to someone unconscious but breathing
4. How long should you put a burn under a cold tap?
5. If you see someone on the street clutching their stomach and asking for help what should you do?
6. If your friend hits their head and is sick but says they feel 'ok' what should you do?
7. Whilst preparing food your friend accidentally stabs themselves, what do you do?
8. What song can you think of when doing CPR?

Task 3. Use the below link (Red Cross website) to research more first aid tips. You could find out how to deal with nose bleeds, asthma attacks or heart attacks for example.

<https://www.redcross.org.uk/first-aid/learn-first-aid>



Answers to Task 3

1. Check to see if they are responsive and breathing
2. Point to things you can see such as shops or road signs
3. Put them on their side (if you are sure they have no broken bones)
4. At least 10 minutes
5. Call 999 and tell an adult as quickly as possible
6. Call 999 – vomiting after a head injury could be serious
7. Put pressure on the wound with a cloth and call 999. If the knife is in the wound do not take it out just put pressure around it.
8. 'Staying Alive' or 'Baby Shark' (about 2 beats per second)