



First Aid

Introduction to First Aid and Getting Help



St John
Ambulance



Take 5 minutes and think about each of these questions.

- What does 'first aid' mean to you?
- Who can give first aid?
- What first aid skills do you know?
- Have you ever received first aid?
- Has first aid helped someone you know?

Jot down your answers on a piece of paper.

What would you do if you saw this situation?



Would you do anything at all? Would you be too scared?

Would you know what to do?

Talk to your partner - if you were going to do something, what is the **first** thing you would do?

(Click to enlarge the picture.)

Introduction to First Aid

Anyone can be a first aider. These lessons will help you to learn some important skills so that you can give injured people **first aid**.

The role of a first aider is to:

- keep **yourself** and the **casualty** safe;
- stop anyone getting any further injuries;
- quickly and safely treat any injuries;
- get help from the emergency services, if needed.



casualty:

A person who is injured and needs help.

Introduction to First Aid

Sometimes you might feel nervous about doing first aid. Here are some important things to remember:

- stay safe;
- stay calm;
- keep talking to the casualty;
- call 999 or 112 if it is an emergency;
- do your best.

It is always better to do something small than to do nothing at all.



Staying Safe

The most important thing in any first aid situation is staying safe.

Who do you think is the most important person to keep safe?

The answer is **YOU**.

Keeping yourself safe is the most important thing.
If you are hurt, how will you be able to help
anyone else?



Staying Safe

The first and most important thing to do is to check the area is safe. Use your senses to check your surroundings.

- Can you **see** anything that might be harmful to you?
e.g. petrol leaking from a car or loose cables
- Can you **hear** anything that could be dangerous?
e.g. a car engine still running.
- Can you **smell** anything unusual that could be poisonous?
e.g. smoke or burning
- Does anything **look like** it may be hot or sharp if touched? e.g. metal or broken glass from a window. If so, do not touch it or let it touch the casualty.



Activity 1: Staying Safe



Look at this scene.

There are 3 hazards. Can you find them and explain why it could be a danger to a first aider.

Think about what you could do to avoid the hazard or solve the problem without putting yourself in danger.

Activitu 1: Stauina Safe



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Staying Calm

Being faced with a situation where someone has been hurt can be upsetting or may cause you to panic. If you feel yourself starting to panic, take slow, deep breaths to calm yourself down.

After the casualty has been treated, you may feel:

- happy and proud;
- confused;
- angry;
- sad or upset.

All of these feelings are completely normal. Talk to an adult you trust about what happened. They will be able to help you and put your mind at rest.

Talking to the Casualty

When you are in a situation which needs first aid, it is very important that you communicate clearly with the casualty.

When you are hurt, you may sometimes feel upset or confused. This is how your casualty could be feeling.

Talking to them and explaining what is happening will help them to stay calm and feel reassured.



Talking to the Casualty

Here are three key things you can do when communicating with a casualty:

- act calmly;
- speak clearly;
- listen closely.

Even if your casualty does not respond, you should still explain what you are doing. It will help you to remember what to do next and it will let everyone involved know exactly what you are doing.



Doing Your Best

Sometimes, the casualty will need a lot more help than you are able to give. The best thing you can do is phone for emergency help.

Which two telephone numbers can you ring if you need help in an emergency?

You can ring **999**
or **112** in an emergency.

What sort of information do you think you will need to give?



Doing Your Best

The operator who answers the phone will ask you:

- Which emergency service do you require?
- What is your name?
- Where are you?
- What has happened?
- How many people are hurt?



When you have answered these questions, stay on the phone. You can put the phone on loud-speaker if you need to. The operator will give you more information about how you can help the casualty.

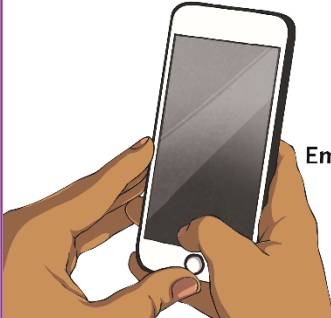
Activity 2: Help at Home

If you were at home and needed emergency help for someone in your family, would you be able to give the operator your full address and postcode?

Can you create a card like this one: with your details and keep it in a safe place in case you ever need to phone the emergency services.

Help at Home

Add your name, address and details to the contact card and keep it in a safe place in case of emergency. There is also space for you to add another address. Choose a place that you spend a lot of time when you are not at home. This could be a grandparent's house, a friend's house or a place in your local area.



Emergency Contact Details

Address 1:	Address 2:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Post Code: _____	Post Code: _____

Quick Quiz

Let's see how much you've learned about being a first aider. Answer this question:

Who is the most important person to look after in a first aid situation?

The most important person to look after in any first aid situation is **yourself**.

Quick Quiz

Let's see how much you've learned about being a first aider. Answer this question:

What is the first thing you should do when you see someone who needs first aid?

You should check the area for any **dangers** or **hazards** which could hurt you or the **casualty**.

Quick Quiz

Let's see how much you've learned about being a first aider. Answer this question:

What should you do if you feel confused or upset after giving first aid?

Talk to an adult you trust and tell them about what happened and how you are feeling.

Quick Quiz

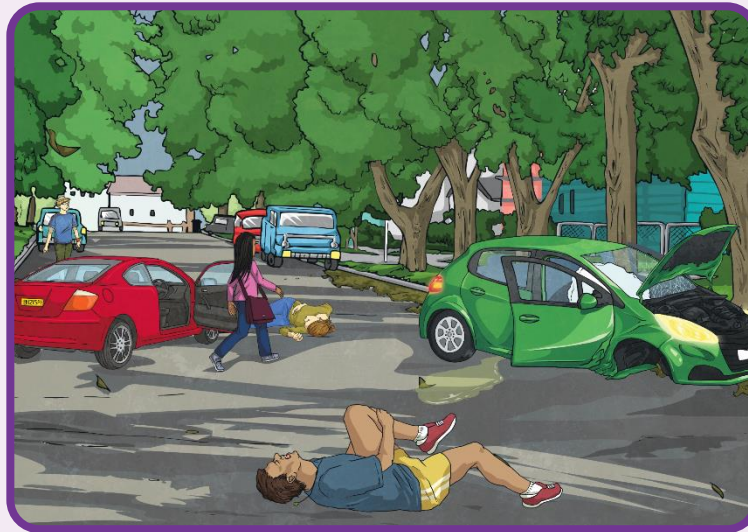
Let's see how much you've learned about being a first aider. Answer this question:

If you need to phone the emergency services, what questions might the operator ask you?

The operator will ask you which service you need, who you are, your location and about the casualty's injuries.

What would you do if you saw this in your local town?

Think back to what you said you would do if you saw this scene in your local town.



(Click to enlarge the picture.)

Have you changed your mind?
What is the **first** thing you would do now?

Find Out More

Click the logo below for more first aid resources.



Your Task

