



First Aid

Introduction to First Aid and Getting Help



St John
Ambulance



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 the scene on your activity sheets.

Circle each hazard 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.

Activity 1: Staying Safe



Which hazards did you spot?

Were there any steps you could have taken without putting yourself in any danger?

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?

