



## Key learning 1: Calling for help

- Check for danger.** Always make sure the area is safe.
- Call 999/111.** If it is an emergency, call 999. Remember LIONEL to give them important details.
- Reassure casualty.** Keep the casualty calm and stay with them until help arrives.
- If you have been taught first aid which may be useful, then use it.**
  - LIONEL**
  - Location.** Tell them where the emergency is and where you want them to arrive.
  - Incident.** Tell them what has happened.
  - Other services.** Do you need more than one?
  - Number** of people that are involved.
  - Extent of the injuries.** What types of injuries do people have?
  - Location.** Repeat again where they need to arrive.

## Key learning 2: Bites and Stings

- What should you do if someone is having a **SEVERE allergic reaction?**
  - 1. Call 999/112.**
  - 2. Ask the casualty if they have an injection with them.**
  - 3. Keep checking their breathing and keep them calm.**
  - 4. Stay with them.**

## Key learning 3: Asthma

- What should you do if someone is having a **Asthma attack?**
  - 1. Help the casualty to sit down.** Encourage slow breaths and reassure the casualty.
  - 2. Assist them to use their reliever inhaler.** One or two puffs every two minutes.
  - 3. Call 999/112 if attack is not easing.**
  - 4. Reassure the casualty.** Stay with them until the ambulance arrives.

## Key learning 4: Bleeding

- What should you do if someone is has **Severe bleeding?**
  - 1. Put on gloves.**
  - 2. Apply pressure to the wound.** Only if there is nothing stuck in the wound.
  - 3. Apply wound dressing to the wound.** The pad goes over the injury and use a bandage to secure it in place. Make sure the bandage is not too tight. Call 999/112.
  - 4. Apply second dressing if needed.** No more than two dressings at a time.
  - 5. If an object is in the wound, do NOT remove it.** Put a pad on either side of the object. Bandage carefully over the pads without pushing the object any further.
- What should you do if someone is having a **Nosebleed?**
  - 1. Sit the casualty down leaning forward.**
  - 2. Ask them to pinch the soft part of their nose for 10 minutes.**
  - 3. Check** if the bleeding has stopped. If still bleeding pinch the nose for a further 10 minutes.
  - 4. Re-check** if still bleeding pinch for a further 10 minutes.
  - 5. Help** if bleeding has not stopped after a maximum of 30 minutes seek medical help.

## Technical vocabulary

Patient	<i>Someone is in need of / receiving medical help.</i>
Casualty	<i>A person who is injured and is in need of medical attention.</i>
Unresponsive	<i>Someone is unconscious, not breathing or not responding to communication.</i>
Anaphylactic shock	<i>A severe allergic reaction in which your blood pressure drops greatly.</i>

## Strap line

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

## Key learning 5: head injuries

- 1. Help your casualty to sit down.**
- 2. Apply a cold compress to the injured area.**
- 3. Monitor your casualty.**
- 4. Get help if necessary.**
- What should you do if someone is having a **SEVERE head injury?**
  - 1. Call 999/112.**
  - 2. Do NOT move your casualty if you suspect they could have a neck injury.**
  - 3. Make sure the airway is open.**
  - 4. Treat any serious wounds.**
  - 5. Monitor casualty until emergency help arrives.**

## Key learning 6: Choking

- What should you do if someone is **Choking?**
  - 1. Ask the casualty if they are choking.**
  - 2. Encourage them to cough.**
  - 3. Give up to 5 back blows using the heel of your hand between the shoulder blades.**
  - 4. Give up to 5 'tummy' thrusts**
  - 5. If this is not successful call 999/112.**
  - 6. Repeat if necessary.** Do not forget to call for help. Remember that your casualty could become unresponsive.