



Key learning 1: Calling for help

- 1. Check for danger.** Always make sure the area is safe.
- 2. Call 999/111.** If it is an emergency, call 999. Remember LIONEL to give them important details.
- 3. Reassure casualty.** Keep the casualty calm and stay with them until help arrives.
- 4. 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 the 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 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.