



## 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.