

This resource is provided for informational or educational purposes only. It is intended to offer general first aid advice and is not a substitute for professional medical advice specific to your circumstances. We do not warrant that the information provided will meet your or your students' specific health or medical requirements. It is up to you to contact a suitably qualified health professional if you are concerned about your health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their health. You and your students are encouraged to act within the guidance provided by this resource and we do not accept any responsibility for you or your students failing to do so.

**Dial 999 or 112**

Ask for the ambulance service and/or other services.

State your name clearly and say that you are helping at the scene of an incident.

Provide the following information:

- Your telephone number.
- The exact location.
- Details of the emergency.
- Number, gender and ages of casualties.
- Details of any hazards.

When the emergency services arrive they will take over the care of the casualty.

You will need to tell them what has happened and any treatment given.

Register your school at bigfirstaidlesson.sja.org.uk



Step One: Cough it out

- Encourage the casualty to keep coughing.

Step Two: Slap it out

- Give 5 sharp back blows between the shoulder blades.
- Check their mouth each time.

Step Three: Squeeze it out

- Give 5 abdominal thrusts.
- Check their mouth each time.

Step Four: Call 999/112 for emergency help

- Repeat steps 2 and 3 until help arrives.

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**Step One**

Hold burn under cool running water for at least 10 minutes.

Step Two

Remove clothing or jewellery around the burn, unless stuck to the burn.

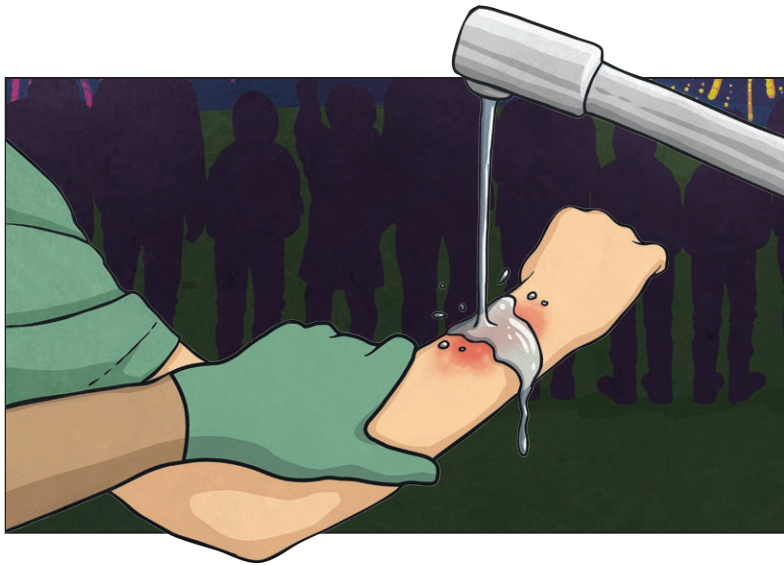
Step Three

Cover lengthways with cling film.

Step Four

Monitor casualty and seek medical advice.

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Step One

Hold burn under cool running water immediately.

Step Two

Call 999/112 for emergency help.

Step Three

Continue cooling the area for at least 10 minutes:

- Do not touch the burn.
- Remove any jewellery or clothing unless stuck to the burn.

Step Four

Cover loosely with cling film:

- A clean plastic bag or a sterile dressing can also be used.

Step Five

Monitor their level of response:

- Treat for shock if necessary.

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