

For pupils

What you need to know

If someone is choking...



- > Hit the person firmly on the back up to five times
- > Check their mouth
- > If the object does not come out, tell an adult and call 999

Remember...
Hit their back

If someone is unconscious and you need to check if they are breathing...



- > An unconscious person does not move or answer you
- > Gently tip the person's head back to open their airway
- > Tip their head back and look, listen and feel for breaths
- > If they are not breathing, tell an adult and call 999

Remember...
Look, listen and feel for breaths

If someone is unconscious and breathing...



- > An unconscious person does not move or answer you
- > Turn them on their side
- > Tip their head back
- > Tell an adult and call 999

Remember...
Roll on side and tip head back

If someone has a broken bone...



- > Tell the person to keep the injury still
- > Support it to stop it moving – use their hand, clothes or cushions
- > Tell an adult and call 999

Remember...
Keep it still and support it

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What you need to know

If someone has a bad bleed...



- > Press on where the blood is coming from and keep pressing on it
- > Use a t-shirt or any clothing to press on the bleed if possible
- > Tell an adult and call 999

Remember...
Press on it

If someone has an allergic reaction...



- > Keep away from the cause of their allergy
- > Get the person to sit comfortably
- > Encourage them to take their medication if they have it
- > If this does not seem to help, tell an adult and call 999

Remember...
Get them comfortable and help them to take their medication

If someone is having an asthma attack...



- > Get the person to sit comfortably
- > Encourage them to use their inhaler
- > If this does not seem to help, tell an adult and call 999

Remember...
Get them comfortable and help them to use their inhaler

If someone is upset...



- > Keep calm yourself
- > Ask them how you can help
- > Listen to them
- > Help as best you can
- > Afterwards, talk to an adult who you know and trust

Remember...
Keep calm and listen

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