





<p><b>If someone is choking...</b></p> 	<ul style="list-style-type: none"> <li>&gt; Hit the person firmly on the back up to five times</li> <li>&gt; Check their mouth</li> <li>&gt; If the object does not come out, tell an adult and call 999</li> </ul>	<p><b>Remember...</b> <b>Hit their back</b></p>
<p><b>If someone is unresponsive and you need to check if they are breathing...</b></p> 	<ul style="list-style-type: none"> <li>&gt; An unresponsive person does not move or answer you</li> <li>&gt; Gently tip the person's head back to open their airway</li> <li>&gt; Look, listen and feel for breaths</li> <li>&gt; If they are not breathing, tell an adult and call 999</li> </ul>	<p><b>Remember...</b> <b>Look, listen and feel for breaths</b></p>
<p><b>If someone is unresponsive and breathing...</b></p> 	<ul style="list-style-type: none"> <li>&gt; An unresponsive person does not move or answer you</li> <li>&gt; Turn them on their side</li> <li>&gt; Tip their head back</li> <li>&gt; Tell an adult and call 999</li> </ul>	<p><b>Remember...</b> <b>Roll on side and tip head back</b></p>
<p><b>If someone has a broken bone...</b></p> 	<ul style="list-style-type: none"> <li>&gt; Tell the person to keep the injury still</li> <li>&gt; Support it to stop it moving – use their hand, clothes or cushions</li> <li>&gt; Tell an adult and call 999</li> </ul>	<p><b>Remember...</b> <b>Keep it still and support it</b></p>