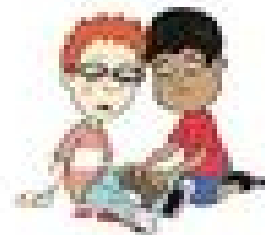




**If someone has a burn...**  
 Keep the burn under cold water  
 for at least ten minutes.  
 Tell an adult **AND** call 000 if serious



**If someone has a nosebleed...**  
 Tilt the person to lean their head  
 forward and pinch the soft part of  
 their nose for ten minutes  
 Tell an adult **AND** call 000 if serious



**If someone has a head bleed...**  
 Press on the bleed and keep  
 pressing.  
 Tell an adult **AND** call 000 if serious



**If someone is choking...**  
 Sit them firmly on their back up to  
 five times.  
 Tell an adult **AND** call 000 if serious



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

Look, listen and feel for breaths.



Look Listen Feel  
 Tell an adult **AND** call 000



**If someone is unconscious and  
 breathing**

Turn them on their side and tilt  
 their head back to keep their  
 airway open

Tell an adult **AND** call 000



**If someone has a broken bone...**  
 Keep the injury still and support it.  
 Tell an adult **AND** call 000 if serious

**Call 000 in an emergency**

Ask for:  
 Police Ambulance Fire

Give them:

Your name

Your address

P's, M's

And what happened

