



For pupils

What you need to know

Remember - at all times:



1. stay calm and check is the area safe
2. think before you do anything
3. talk to the person you are helping
4. look for an adult to help.

For any emergency where someone is very ill or injured, you need to get adult help AND call 999.

<p>Keep safe when helping others</p> 	<ul style="list-style-type: none"> > Look and listen for danger > Check for hazards to keep yourself and others safe 	<p>Remember... Keep yourself safe when helping others</p>
<p>Get help</p> 	<ul style="list-style-type: none"> > Look for an adult to help > If you need an ambulance, call 999 > Tell the operator: <ul style="list-style-type: none"> - where you are - who is hurt - what has happened 	<p>Remember... Call 999 for an ambulance</p>

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What you need to know

<p>If someone has a burn...</p> 	<ul style="list-style-type: none"> > Cool the burn under running water for at least ten minutes > Tell an adult > If the burn is bad or it is a child who is burnt, call 999 	<p>Remember... Cool it</p>
<p>If someone has a nose bleed...</p> 	<ul style="list-style-type: none"> > Sit up straight > Lean head forward > Pinch soft part of the nose for ten minutes > If bleeding doesn't stop, tell an adult and call 999 	<p>Remember... Lean forward and pinch it</p>