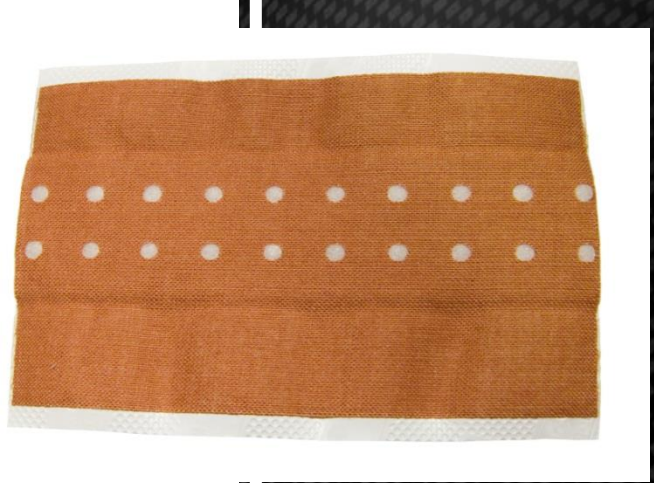




Everyday First Aid





- The British Red Cross wants you to feel confident and willing to give first aid. Everyday First Aid makes it easy to learn the skills you'll need to help in an emergency.
- <https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children>



Easy to learn,
easy to
remember...



- Alternative way to treat burns: **If you don't have water to cool the burn...**
- ...use juice, beer, milk... in fact use any cold liquid, until you have access to cold running water.
- The aim is to cool the area as quickly as possible, using whatever cold liquid is available. Remember: it should be cooled for at least ten minutes for the treatment to be effective.
- **If you don't have cling film to cover the burn...**
- ...use a clean plastic carrier bag, sandwich/freezer bag or similar. These types of items will not stick to the burn and will create a barrier to stop infection. Plastic bags are particularly useful for covering a burned hand or foot.



No First Aid kit,
no problem



- Check breathing by tilting their head backwards and looking and feeling for breaths.
- Call 999 as soon as possible, or get someone else to do it.
- Push firmly downwards in the middle of the chest and then release.
- Push at a regular rate until help arrives.

Fist aid for someone who's unconscious and not breathing



- **Key skill: Place the person on their side and tilt their head back**
- Check breathing by tilting their head backwards and looking and feeling for breaths.
- Move them onto their side and tilt their head back.
- As soon as possible, call 999 or get someone else to do it



First aid for
someone who
unconscious and
breathing

- Everyday First Aid online enables you to learn basic first aid skills at your own pace and in a variety of ways. It features real people in real-life scenarios and allows you to learn skills through watching videos and through written text, with additional information in our question-and-answer section. Some scenarios also have supporting animations to help you understand the reasons why the first aid works.



More information
on everyday first
aid.