

First Aid

- 1 Have you ever thought of training to be a first aider? First aid is about keeping yourself and those about you safe. It includes being alert to signs of danger as well as helping others to feel better, getting help and even saving lives. Adults and children can learn, and give, first aid.
- 4 If someone has a burn, a sprain, an accident or is suddenly taken ill, they need help fast – and that is the point of first aid: you are the first person to help someone. They may need other help too, but the first aider makes sure that the injury or illness doesn't get worse.

7 First aid for burns

- Stop the burn from getting worse by stopping the cause of the burn.
- Remove any clothing or jewellery near the area of the burn.
- Cool the burn with lukewarm running water for 20 minutes. Do not apply ice.
- Cover with cling film or a plastic bag to prevent it from becoming infected.
- Treat the pain with a painkiller, such as ibuprofen, which is appropriate for the person's age.
- Elevate the burn by lifting it to above the level of the heart to reduce swelling.

14 First aid for nosebleeds

Most nosebleeds are not serious and can be safely treated at home.

- Sit the patient down and get them to compress the soft part of their nose by firmly pinching it just above the nostrils for 10–15 minutes.
- Tell the patient to lean slightly forward and to breathe through their mouth.
- Place an ice pack on the bridge of the nose – the hard part at the top of the nose.
- Don't allow the patient to lie down. Sitting up discourages further bleeding.

21 First aid for an asthma attack

People who are asthmatic should carry their preventative inhaler (usually blue) with them at all times so they can manage their asthma before it becomes an asthma attack. However, if they do have an asthma attack, take the following action.

- Give the patient one or two puffs of their inhaler.
- Ask them to sit down and take slow, steady breaths.
- If the patient doesn't start to feel better, give one puff of the inhaler every two minutes. They can have up to 10 puffs. Between puffs, continue with slow, deep breaths.
- When they recover, tell the patient to make an appointment to see their GP within 48 hours.
- If the patient has not started to recover after 20 minutes, phone 999.

31 First aid for a sprain or strain

Sprains and strains are common in children. Strains are injuries to muscles as a result of overstretching; sprains involve a stretch or partial tear of the ligament or tendon.

Think **PRICE** for the first 48 hours.

Protect the injured limb or joint so that no further damage can be done.

Rest the injured part until it is less painful.

Ice – wrap an ice pack or pack of frozen vegetables in a towel and place over the injured part immediately. Continue for no more than 20 minutes at a time, four to eight times a day.

Compression – support the injured part with an elastic compression bandage (e.g. Tubigrip) for at least 2 days.

Elevation – raise the injured part above heart level to decrease swelling.

Drugs such as age-appropriate ibuprofen can be used to help manage the pain.

After you have given any first aid, you should inform a responsible adult.