

# First Aid Week - Why is learning about this important?

**Increases safety** - awareness of first aid and safety means we are more likely to avoid accidents + unsafe situations

**Helps relieve pain** - this can be a big relief to the patient and can help start the healing process

**Prevents the situation from becoming worse** - temporary treatment can relieve pain + save lives until professionals arrive

**Helps save lives** - an immediate response can mean the difference between life and death

**Knowledge is power** - knowing how to look after yourself or someone else makes you feel more secure and promotes a safe environment

Watch some of these videos during assembly. They can also be watched in other form times this week. You don't need to watch all of them. Flick through the slides to find them in this order:

- What to do when someone is unresponsive - performing CPR and using a defibrillator (everyone watch this one!)
- How to treat burns
- What to do when someone is having a seizure
- What to do when someone faints
- How to put someone in the recovery position
- What to do when someone chokes
- How to treat nosebleeds
- What do when someone is having a stroke

*St. John's Ambulance has brilliant and clear videos on lots of other possible first aid situations e.g. dealing with severe bleeding, people in shock etc. Check out their YouTube channel and watch some more!*



[CPR and AEDs on adults](#)



# How to treat burns and scalds



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**What to do if  
someone has  
a seizure**





# How to help someone who's fainted



# The recovery position





# What to do when someone is choking





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## How to treat nose bleeds





# What to do if someone has a stroke

