



BASIC FIRST AID – KS2



Asthma

Asthma makes it difficult to breathe properly. It can be scary for someone and they may need an inhaler. Inhalers come in different colours: the most common is blue but they can be pink, orange, green and purple. Check with a person which inhaler is prescribed for them as they each do different jobs. Try to calm the person down, don't leave them and don't tell them to lay down or rush them home. Help them to take their inhaler and stay with them until they can breathe properly.



Broken Bones



If someone falls badly or gets knocked they could break a bone. Sometimes it's very difficult to know if a bone is broken. There are 26 bones in a foot - some of them are tiny! After an accident, the affected area (maybe an arm) needs supporting while help comes. If a bone is broken it shouldn't be moved as this might do more damage and can be very painful.

Bumped Head

When someone bumps their head it can cause concussion which is quite serious. If someone gets a knock on their head, it helps to put a cold compress on the bump. They may feel a bit dizzy or get a headache. If the person feels sick, further medical attention should be given.

Nose Bleed

When someone has a nose bleed it can be scary for that person. Don't sit them down with their head back: if they swallow a lot of blood, they could be sick. Make sure the person is sat down (in case they get dizzy). Make sure they lean forward and they nip their nose. After 5 minutes check to see if the bleeding has stopped. If not, get them to nip their nose again.



Find Out More...

https://youtube.com/playlist?list=PLvd0isBh6beQJ1YrlssqzKoXY_aw-qvoW

EXAMPLE QUESTIONS:

1. What does asthma make difficult?
2. What can cause concussion?
3. What do you do if someone has a nose bleed?
4. What colour is the most common asthma pump?
5. How many bones are in a human foot ?