



# BASIC FIRST AID AT HOME – KS1

## THE EMERGENCY SERVICES

Emergency services are people who help you when something dangerous or urgent happens. If you need their help, you call 999 from any phone in the United Kingdom.

- If someone at home is hurt, you ask for an ambulance.
- If someone is breaking the law, you ask for the police.
- If there is a fire, you ask for the fire brigade.
- If someone is in trouble in water, you ask for the coast guard.

In an Emergency:

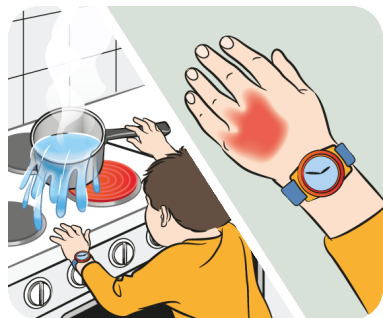
999

When you connect with an operator, tell them which of the 4 services you need. They will ask where you are and what has happened.

## CUTS AND SCRAPES

Not every accident at home will need the emergency services called. If you cut on your hand or scrape your knee, these can be dealt with at home. If you get a cut on your finger, you should clean it and put a plaster on it. If you fall and have a scrape on the knee you should clean it and put a plaster on after. If the wound is deep or it does not stop bleeding, tell an adult because you may need more help.

## BURNS



The most likely place to burn yourself is in the kitchen. Most commonly, people burn their hands. The first thing you should do is put the burnt area in cold running water. It may need to be wrapped in clingfilm to stop it getting infected.

If you hurt yourself because of hot water it is called a scald. Run it under cold water too. It may blister but do not pick the skin.

## FIRST AID KIT

Every home should have a first aid kit. The kit should contain safety pins, bandages, plasters, scissors, cleaning wipes and gloves.

An adult may need to use a thermometer to check your temperature.

### EXAMPLE QUESTIONS:

1. What is the number for the Emergency Services?
2. How would you deal with a scrape on the knee?
3. Who would you call if someone had an accident at home?
4. What do you do with a burn?
5. Where would an ambulance take you?

