

# First Aid

- + Explain why people should lie down if they have had a big fright or have been injured.
- + Demonstrate how to keep someone warm and comfortable with one or two blankets.
- + Demonstrate how to apply a cold face cloth to a person suffering from a mild headache.
- + Demonstrate how to gently clean a cut or graze and apply a plaster.
- + Explain the limits of first aid treatment and when it's important to call an adult.
- + Explain how to call an ambulance and the police and when this should be done.
- + Explain how to treat insect bites and stings.

**Colour in each First Aid Sign when you have completed each task!**



Tasks completed

Signed \_\_\_\_\_