



THE BIG FIRST AID LESSON

FRIDAY 3 NOVEMBER

KEEP SAFE ON FIREWORKS NIGHT WITH THE BIG FIRST AID LESSON

Get on board and learn basic first aid to ensure you and your children are prepared in a first aid emergency.

Follow these steps to treat a child with minor burns and scalds:

1. Hold the burn under cool running water for at least 10 minutes
2. Remove clothing or jewellery around the burn, unless stuck to the burn
3. Cover lengthways with cling film
4. Monitor child and seek medical advice

To treat a child with shock, keep calm and carry out the below:

1. Treat cause of shock
2. Lie them down with their legs raised
3. Call 999/112 for emergency help
4. Loosen any tight clothing
5. Keep them warm and calm
6. Monitor their level of response

For more information about The Big First Aid Lesson
or first aid advice visit: sja.org.uk/bfal

Learn first aid.

Help save lives.

Be the difference.

sja.org.uk/bfal