

First Aid

- 1 Have you ever thought of training to be a first aider? First aid is about keeping yourself and those about you safe. It includes being alert to signs of danger as well as helping others to feel better, getting help and even saving lives. Adults and children can learn, and give, first aid.
- 4 If someone has a burn, a sprain, an accident or is suddenly taken ill, they need help fast – and that is the point of first aid: you are the first person to help someone. They may need other help too, but the first aider makes sure that the injury or illness doesn't get worse.

7 **First aid for burns**

- Stop the burn from getting worse by stopping the cause of the burn.
- Remove any clothing or jewellery near the area of the burn.
- Cool the burn with lukewarm running water for 20 minutes. Do not apply ice.
- Cover with cling film or a plastic bag to prevent it from becoming infected.
- Treat the pain with a painkiller, such as ibuprofen, which is appropriate for the person's age.
- Elevate the burn by lifting it above the level of the heart to reduce swelling.

14 **First aid for nosebleeds**

Most nosebleeds are not serious and can be safely treated at home.

- Sit the patient down and get them to compress the soft part of their nose by firmly pinching it just above the nostrils for 10–15 minutes.
- Tell the patient to lean slightly forward and to breathe through their mouth.
- Place an ice pack on the bridge of the nose – the hard part at the top of the nose.
- Don't allow the patient to lie down. Sitting up discourages further bleeding.

21 **First aid for an asthma attack**

People who are asthmatic should carry their preventative inhaler (usually blue) with them at all times so they can manage their asthma before it becomes an asthma attack. However, if they do have an asthma attack, take the following action.

- Give the patient one or two puffs of their inhaler.
- Ask them to sit down and take slow, steady breaths.
- If the patient doesn't start to feel better, give one puff of the inhaler every two minutes. They can have up to 10 puffs. Between puffs, continue with slow, deep breaths.
- When they recover, tell the patient to make an appointment to see their GP within 48 hours.
- If the patient has not started to recover after 20 minutes, phone 999.

31 **First aid for a sprain or strain**

Sprains and strains are common in children. Strains are injuries to muscles as a result of overstretching; sprains involve a stretch or partial tear of the ligament or tendon.

Think **PRICE** for the first 48 hours.

Protect the injured limb or joint so that no further damage can be done.

Rest the injured part until it is less painful.

Ice – wrap an ice pack or a pack of frozen vegetables in a towel and place over the injured part immediately. Continue for no more than 20 minutes at a time, four to eight times a day.

Compression – support the injured part with an elastic compression bandage (e.g. Tubigrip) for at least two days.

Elevation – raise the injured part above heart level to decrease swelling.

Drugs such as age-appropriate ibuprofen can be used to help manage the pain.

After you have given any first aid, you should inform a responsible adult.

Name:	Class:	Date:
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1 Circle the correct option to complete each sentence.

a) First aid is about keeping everyone:

healthy safe well happy

b) The first aider makes sure the injury:

gets better doesn't get worse is treated in hospital is iced

2b

☐

1 mark

2 “compress the soft part of the nose”

Which of the following is closest in meaning to the word “compress” in this sentence? Tick **one**.

shrink ☐ ice pack ☐

squeeze ☐ wrap ☐

2a

☐

1 mark

3 Draw lines to match the injury with the advice.

burns	deep breaths
nosebleed	cover with cling film
asthma attack	PRICE
sprain	lean forward

2b

☐

1 mark

4 In the advice about sprains and strains, why are you asked to “think PRICE”?

2g

☐

1 mark

5 Read the advice about treating burns and treating strains and sprains. List **two** things that are the same.

2h

☐

1 mark

6 Why do you think it is important to be trained before you do first aid?

2d

☐

1 mark

7 Find and copy **one** clause or sentence from the text that explains what the whole text is about.

2c

☐

1 mark

8 Find and copy **two** examples where the writer uses a word then tells you what it means.

2g

☐

2 marks

9 Explain how the opening paragraphs try to interest the reader. Give examples to support your ideas.

2f

☐

3 marks