

WHAT YOU NEED TO KNOW

If someone is unconscious and breathing...

- > An unconscious person does not move or answer you
- > Turn them on their side
- > Tip their head back
- > Tell an adult and call 999

Remember... Roll on side and tip head back.

If someone has a broken bone...

- > Tell the person to keep the injury still
- > Support it to stop it moving use their hand, clothes or cushions
- > Tell an adult and call 999

Remember... Keep it still and support it.

If someone is choking...

- > Hit the person firmly on the back up to five times
- > Check their mouth
- > If the object does not come out, tell an adult and call 999

Remember... Hit their back.

If someone is unconscious and you need to check if they are breathing...

- > An unconscious person does not move or answer you
- > Gently tip the person's head back to open their airway
- > Tip their head back and look, listen and feel for breaths
- > If they are not breathing, tell an adult and call 999

Remember... Look, listen and feel for breaths.