

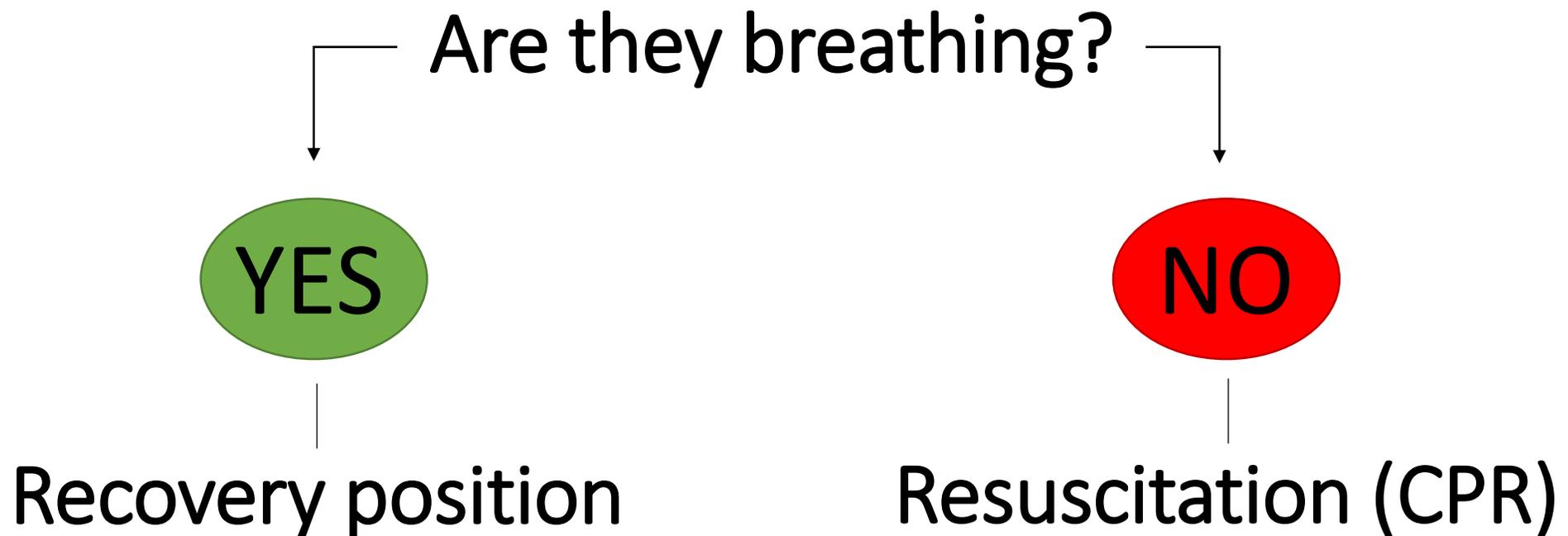
First Aid for Primary Schools

Click here for first
aid videos



Unconscious

- Unconscious = unresponsive
- Try to make them respond by shouting their name and pinching their ears



Recovery Position

- Unconscious = muscles go floppy
- Tongue will flop & block airway
- Recovery position helps them breathe



CPR

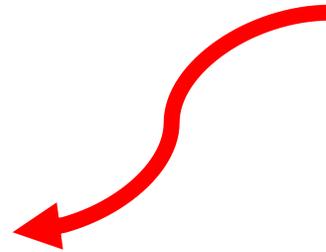
- Unconscious and not breathing = heart and lungs have stopped
- You are the heart – pressing their chest pumps blood
- You are the lungs – blowing air into their mouth
- If an AED is available use it – restarts heart with electric shock



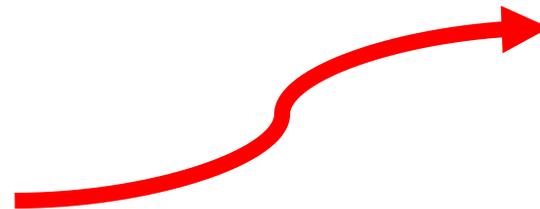
This is an AED:



A machine which
can restart your
heart



This sign means there's a
machine



Choking

1. Cough
2. Back blows
3. Abdominal thrusts (Heimlich manoeuvre) – like a backward hug



1



2



3



First Aid for Life is an award-winning first aid training provider that is HSE and Ofqual Approved through Quasafe Awards. Our trainers are medical and emergency services professionals and our training is tailored to your needs. It is strongly advised that you attend a practical or online first aid course to understand what to do in a medical emergency.

For more free resources or to book a practical course visit:

www.firstaidforlife.org.uk

Or contact:

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