

A Bit About First Aid

Q1 What's the best way to learn about first aid?

- a) looking at websites;
- b) reading lots of books about it;
- c) going on a course;
- d) watching ER?

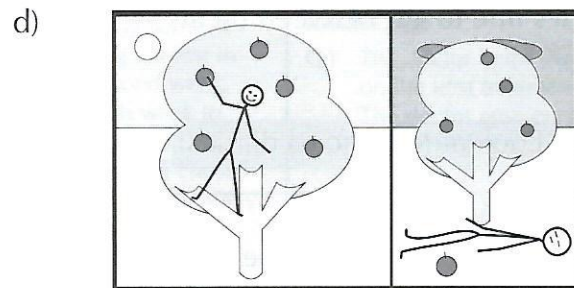
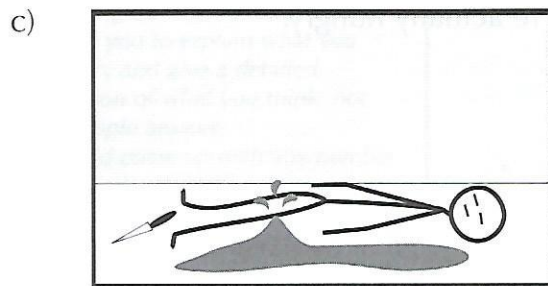
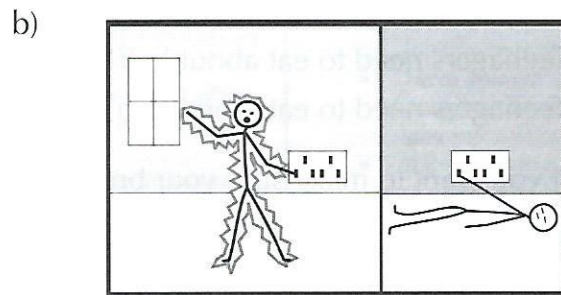
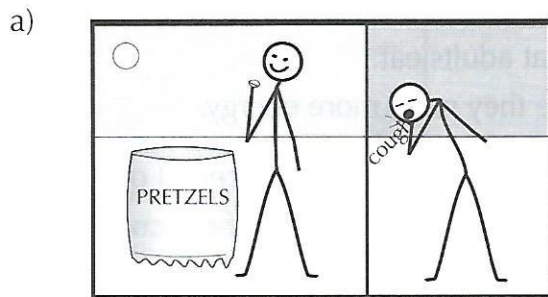
Q2 You and your mate find a man lying in the middle of the road unconscious. There's nobody else about. Put these steps in order to say what you should do to help him.

Give first aid IF you know what you're doing.

One person gets an ambulance.

One person stays and works out what's happened.

Q3 What should you do in each of these situations?



DISCUSSION
QUESTION

Q4 Have you or anyone in your group ever had to deal with a first-aid situation?

Make notes of what happened in each situation. Decide as a group whether there were better ways of dealing with the situation.

Make an action plan for the best way of handling similar situations in future.

Stay calm — there's no cure for losing your head...

This is serious stuff — literally life or death. Don't panic about it, just get yourself booked on a first-aid