

How can we help in an accident or emergency?

British values: equality

Knowledge

- how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions
- that if someone has experienced a head injury, they should not be moved
- when it is appropriate to use first aid and the importance of seeking adult help
- When it is appropriate to seek help for mental health support.

Social and emotional skills

- Feel confident to make a phone call to relevant help
- Feel confident in selecting which help they need
- Believe they could provide basic first aid to someone in need.

Key questions

- What is the most important thing to try and do in an emergency?
- Who is eligible to get support from professionals? (*equality*)
- Who could you get support from?
- Who can help you or someone else get the right support/help?

Key Vocabulary: ambulance, police, fire services, 999, 111, Childline, first aid, professionals

Linked text and resources

[Red Cross - Life. Live it Help save lives /](#)

[Emergency action](#)

<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/>

<https://lifeliveit.redcross.org.uk/What-is-first-aid/How-to-videos>

<https://www.sja.org.uk/get-advice/first-aid-lesson-plans/>

