

First aid matching cards



The answers are next to each other, so make sure you shuffle the cards!

Someone's wheezing and finding it difficult to breathe.	Help them to take their asthma inhaler.
Blood's flowing from a wound (and it's too big for a plaster).	Put pressure on the wound.
Someone's in pain and has bruising or swelling after a fall or blow.	Keep the injury still and supported.

Someone has redness and pain after touching something hot.	Cool the burn for at least ten minutes.
Someone doesn't respond but they're breathing.	Move them onto their side with their head tilted back.
Someone's clutching their throat and they can't cough or breathe.	Give them back blows.

In partnership with

