

# First aid skills

The numbers next to the skills link with the stages of the Emergency Aid Staged Activity Badge.



<b>Getting help</b>	<b>Calling 999</b>	<b>1</b>
<b>Helping someone who's unconscious and breathing</b>	<b>Helping someone who's bleeding heavily</b>	<b>1</b>
<b>Dealing with burns</b>	<b>Helping someone with asthma</b>	<b>2</b>
<b>Helping someone with hypothermia</b>	<b>Dealing with heat exhaustion</b>	<b>3</b>
<b>Helping someone who's choking</b>	<b>Helping someone who's unconscious and not breathing</b>	<b>3</b>

<b>Helping someone who's having a heart attack</b>	<b>Dealing with a head injury</b>	<b>4</b>
<b>Dealing with broken bones</b>	<b>Dealing with strains and sprains</b>	<b>4</b>
<b>Helping someone who's having an allergic reaction</b>	<b>Helping someone who's having a seizure</b>	<b>5</b>
<b>Helping someone who's having a stroke</b>	<b>Helping someone you think may have meningitis</b>	<b>5</b>
<b>Responding to poisoning</b>	<b>Helping someone who's unconscious and not breathing with an AED (defibrillator)</b>	<b>--</b>

In partnership with

