



First Aid



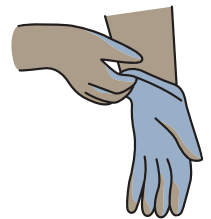
How to Treat a Deep Cut which is Bleeding



If somebody has a cut, your most important job is to stop blood coming out - **not to clean the cut!**

1

Calmly sit the person down. Put on gloves if possible.

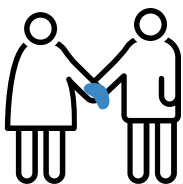


Have a look at the wound to see if there is anything stuck in it. If there is, **do not take it out**, but be very careful not to push it in any further.

2

3

Find some **clean** material which is non-fluffy, such as a t-shirt or tea towel.



Use the material to apply firm pressure to the wound, and hold it there to stop the bleeding.

4

5

Wash your hands and tell an adult what happened.



Suitable for:

- KS1 ✓
- KS2 ✓
- KS3 ✓