



First Aid



What to do if Someone has a Graze



Make sure that the person who you are helping is not allergic to plasters.

1

If someone has fallen over and grazed themselves, start by putting on gloves if possible.



We wear gloves to protect ourselves from the other person's blood.

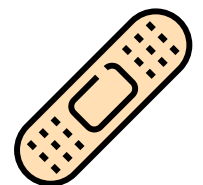
2

Use an alcohol-free cleansing wipe to gently wipe and clean the graze.



3

Pat the area dry, using clean, non-fluffy material and put on a plaster.



4

Check the cut every day. Take the plaster off if the wound looks soggy or is oozing. Air can help it heal.



Watch out for signs of infection: if the cut becomes red, itchy, painful, swollen or you see any pus.

Suitable for:

KS1 ✓

KS2 ✓

KS3 ✓