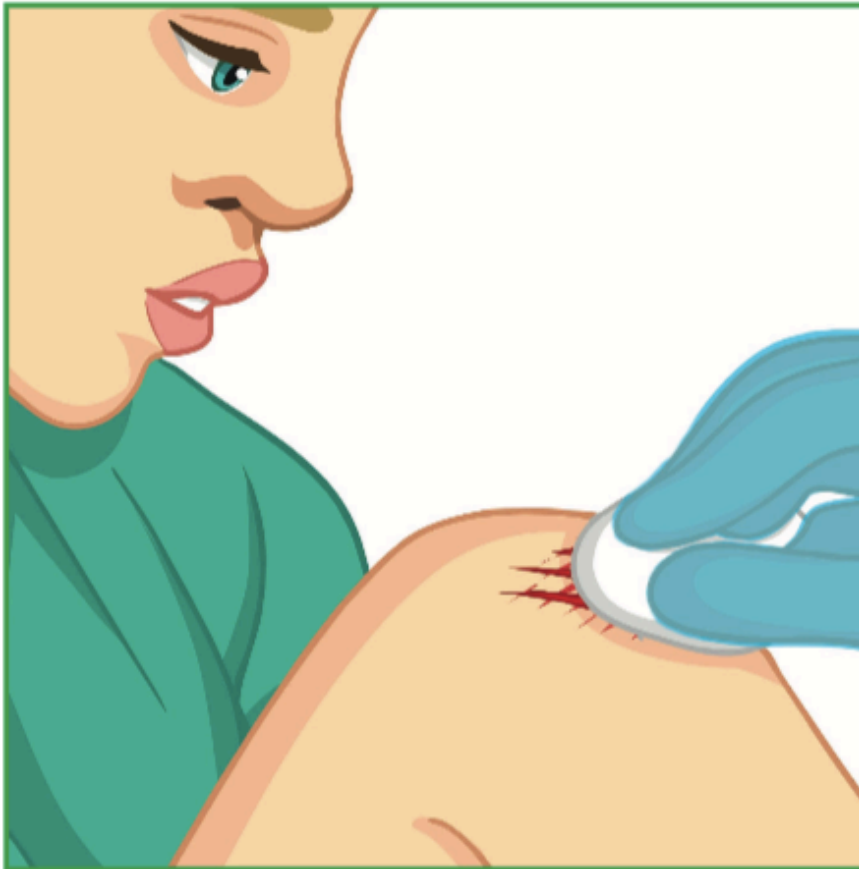## What to do in case of cuts and grazes:

1. Clean and dry the wound.
2. Apply a dressing or plaster.

What to do in case of heavy bleeding:

1. Apply pressure to the wound.
2. Call 999 for an ambulance.
3. Maintain pressure until assistance arrives.

What to do in case of choking:

1. Hit them firmly on the back between the shoulder blades.
2. Check for breathing or that the item is dislodged.
3. Call 999 and start CPR, if necessary.

What to do in case of head injury:

1. Sit the person down and apply something cold to the injury.
2. Call 999 if the person becomes drowsy or vomits.

What to do in case of a burn or scald:

1. Cool under cold running water for 10 minutes.
2. Cover with plastic food wrap.
3. Call 999 if necessary.

What to do in case of an asthma attack:

1. Help the person to sit down and take their medication (e.g. inhaler).
2. Reassure the person.
3. Call 999, if the attack worsens or they have no medication.