

A GENERAL KEY TERMS		
1	Hazard	A source or a situation which has the potential to cause damage, injury or illness.
2	999/112	999: This is for medical EMERGENCIES only. 112: This operates exactly the same as 999 and directs you to exactly the same emergency call centre. The difference is that 112 works from any mobile phone from ANYWHERE in the world
3	111	111 is a non-emergency number – it should only be used when you need immediate medical advice and guidance, however it is NOT a life-threatening situation.
4	LIONEL	Location. Tell them where the emergency is and where you want them to arrive. Incident. Tell them what has happened. Other services. Do you need more than one? Number of people that are involved. Extent of the injuries. What types of injuries do people have? Location. Repeat again where they need to arrive.
5	Emergency Services	The police, fire service, paramedics, coastguards
6	Sign	Something you can see e.g. bruise
7	Symptom	Something the casualty can feel e.g. breathlessness
8	Allergy	An allergy is a reaction the body has to a particular food or substance
9	Asthma	Asthma is a long-term condition that affects your airways.
10	Immunisation	A process by which a person becomes protected against a disease through vaccination. This term is often used interchangeably with vaccination or inoculation.
11	Vaccination	The act of introducing a vaccine into the body to produce immunity to a specific disease
12	Acid Attacks	Acid attacks are a form of violence, in which acid or another corrosive substance is thrown at a person with the intention of maiming, torturing or killing them.
13	Mental Health First Aid	Mental health first aid identifies both the symptoms and causes of mental health problems, and suggest ways that both things can be resolved
14	First Aid	First aid is simple medical treatment given as soon as possible to a person who is injured or who suddenly becomes ill
15	Bystander Effect	The bystander effect is about the reluctance of bystanders to get involved in an emergency, including a first aid emergency.

B CPR		
1	CPR	CPR stands for cardiopulmonary resuscitation. It's a life saving medical procedure which is given to someone who is in cardiac arrest. It helps to pump blood around the person's body when their heart can't.
2	AED	AED stands for Automated External Defibrillator. It is a device that delivers a therapeutic electric shock to the heart as treatment for a victim in Sudden Cardiac Arrest (SCA). AEDs are mobile and often found on the walls of public venues and places across the country.
4	DRAB	<ol style="list-style-type: none"> <li>1. Danger - Ensure that the casualty, any bystanders and you are safe</li> <li>2. Response - Quickly check to see if the casualty is conscious.</li> <li>3. Airway - Identify and treat any life-threatening airway conditions (such as choking or suffocation) then If the casualty is unconscious, tilt the head back and lift the chin to open the airway. When the airway is clear/open, continue to breathing</li> <li>4. Breathing - Identify and treat any life threatening breathing problems then If the casualty is unconscious and not breathing normally, perform CPR</li> </ol>
5	How to perform CPR	<ol style="list-style-type: none"> <li>1. Call 999/112 for emergency help. Ask a bystander to locate an AED.</li> <li>2. Kneel beside the casualty. Place one hand on the centre of the chest. Place the heel of the other hand and interlock them to lift them off the chest.</li> <li>3. Begin chest compressions by leaning your body weight over the casualty with arms straight. Press downwards on the breastbone to a depth of about 5-6cm. Release pressure but keep your hands in place. Try to perform compressions at a rate of 100-120 per minute. Perform 30 chest compressions.</li> <li>4. Perform two rescue breaths by opening the airway and pinching the nostrils together. Take a breath and blow air into the casualty's mouth until the chest rises.</li> <li>5. Repeat the cycle of 30 compressions and two rescue breaths until help arrives.</li> </ol>

C BLEEDING		
1	Internal bleed	Internal bleeding is bleeding that occurs within your body.
2	External bleed	External bleeding happens when blood exits through a break in the skin
3	Shock	Shock is a life-threatening condition that occurs when the body is not getting enough blood flow
4	What to do if somebody has a severe bleed	<ol style="list-style-type: none"> <li>1. Put on gloves</li> <li>2. Apply pressure to the wound (only if there is nothing stuck in it)</li> <li>3. Apply a dressing to the wound</li> <li>4. Call 999/112</li> <li>5. Apply a second dressing if needed</li> <li>6. If an object is in the wound, do not remove it</li> </ol>
5	What do do if somebody goes into shock	<ol style="list-style-type: none"> <li>1. Treat any injuries that may have caused shock</li> <li>2. Help the casualty to sit down, then lie down</li> <li>3. Raise and support the casualty's legs if possible</li> <li>4. Call 999/112</li> <li>5. Reassure them and loosen any tight clothing</li> <li>6. Keep the casualty warm</li> </ol>

D CHOKING		
1	Choking	Choking happens when something gets stuck in the airway
2	What to do if somebody is choking?	<ol style="list-style-type: none"> <li>1. Ask them are you choking, if they can't respond proceed to the next steps</li> <li>2. Cough it out – encourage them to cough and remove any obstruction</li> <li>3. Slap it out – if coughing fails to remove the obstruction you should give 5 sharp back blows between their shoulder blades.</li> <li>4. Squeeze it out – if back blows fail, give up to 5 abdominal thrusts</li> <li>5. Call 999/112 if the blockage still hasn't cleared</li> <li>6. Repeat step 3 and 4 until help arrives</li> <li>7. Be prepared to give CPR if the casualty stops breathing</li> </ol>

E BURNS AND SUN SAFETY		
1	Burn	Caused by dry heat e.g. fire and the sun
2	Scald	Caused by wet heat e.g. hot liquids and steam
3	What to do is somebody has a burn?	<ol style="list-style-type: none"> <li>1. Move them away from the source of the heat</li> <li>2. Cool the burn as quickly as possible</li> <li>3. Place under cool running water for 20 minutes</li> <li>4. If the burn looks like a serious burn call 999/112</li> <li>5. When the burn has cooled, apply cling film loosely to the burn to protect from infection</li> </ol>
4	What to not do if a casualty has a burn	<ol style="list-style-type: none"> <li>1. Apply lotions, ointments or fat to a burn</li> <li>2. Cover the burnt area or remove anything sticking to it</li> <li>3. Use adhesive dressings</li> <li>4. Touch burns that are on the face</li> <li>5. Burst the blisters</li> </ol>
5	Keeping safe in the sun	<ol style="list-style-type: none"> <li>1. Spend time in the shade between 11am and 3pm</li> <li>2. Cover up with suitable clothing and sunglasses</li> <li>3. Use at least sun protection factor (SPF) of 30 and at least 4* UVA protection</li> <li>4. Reapply sun cream every 2 hours and if you have been swimming it should be applied straight after you have been in the water</li> </ol>
6	Risks of sun exposure	<ol style="list-style-type: none"> <li>1. Long term skin damage e.g. increased risk of skin cancer and ageing of the skin</li> <li>2. Short term skin damage e.g. pain, blistering and burns</li> <li>3. Heat stroke</li> <li>4. Dehydration</li> <li>5. Hives</li> </ol>

F SELF CARE AND CHECKING		
1	Self Care	Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.
2	Self care practices	<ul style="list-style-type: none"> <li>• Mindful colouring</li> <li>• Walking</li> <li>• Taking a bubble bath</li> <li>• Playing with your pet</li> <li>• Avoid social media before bed</li> <li>• Read</li> <li>• Exercise</li> <li>• Do something for someone else</li> <li>• Watch your favourite TV show or film</li> </ul>
3	Breast Self Exam	From puberty onwards, it is important to carry out breast self-examination. It can be an important way to find a breast cancer early, when it's more likely to be treated successfully. This is not just for women, as men also have breast tissue so you will need to check too.
4	Testicular Self Exam	From puberty onwards, it is important to check your testicles regularly. Doing this regularly means you soon get to know what feels normal for you. A normal testicle should feel smooth and firm, but not hard. Checking for testicular cancer is important as it is easier to cure if treated early.