

## Basic First Aid

**Hopefully you won't need to use it, but if anything goes wrong, here's what to do.**

- If someone collapses, check their airway, roll them on their side and call an ambulance. Cover them with a blanket or clothing and don't give them anything to eat or drink.
- If someone has a broken bone, don't move them unless they're in danger.
- If someone gets burnt, call an ambulance and then run cold water over the affected area until it arrives. Don't try and remove any clothing or other material that's stuck to the burn.
- If somebody has been hit on the head and they're groggy or have been unconscious – even for a brief time – they need to see a doctor as soon as possible. Get help straight away, even if they tell you they feel fine.
- This information isn't a substitute for first aid training. If you want to learn first aid, call St John Ambulance Australia on 1300 360 455.

