



CUTS & WOUNDS

Cover your own hands
Pressure on the area
Raise the affected area above head height

BURNS

Cool the affected area with cold running water
Remove jewellery, clothes (if not sticking)
Cover cling film/clean plastic bag

OVERDOSE

Check consciousness – turn on side if drowsy, don't leave alone
Identify what taken, how much and when
Re-assure speak quietly and calmly

DISTRESS

Listen carefully
Speak calmly
Ask how you can help

