British Red Cross

FIRST AID

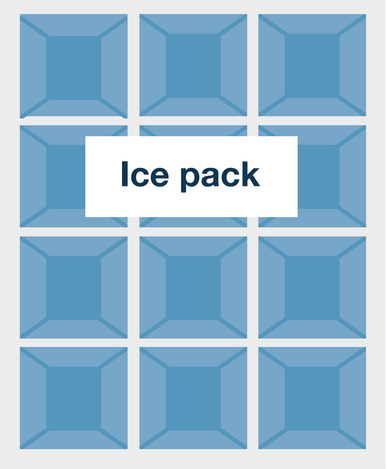
Ease the pain of winter accidents

Fallen on a wet and slippery floor or icy pathway?

Sprains and strains

How to recognise the condition
Sprains and strains are when muscles or joints are overstretched which can be painful. They are usually swollen and painful and can sometimes bruise.

What to do
Get them to rest. Apply an ice pack to the injury. Seek medical advice.



Broken bone

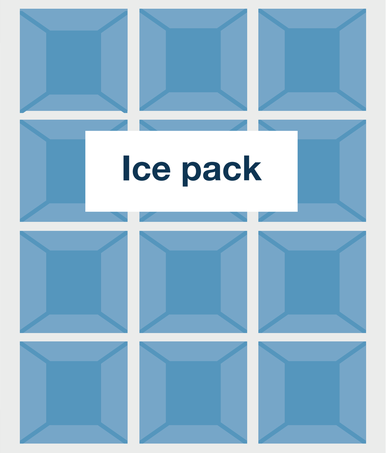
How to recognise the condition
Someone who has a broken bone will usually have pain, swelling and bruising, and may have difficulty moving their limb.

What to do
Encourage the person to support the injury with their hand, or use a cushion or clothing to prevent unnecessary movement.

Head injury

How to recognise the condition
A blow to the head may result in someone having pain or a headache. There may be a bump on their head and they may look pale.

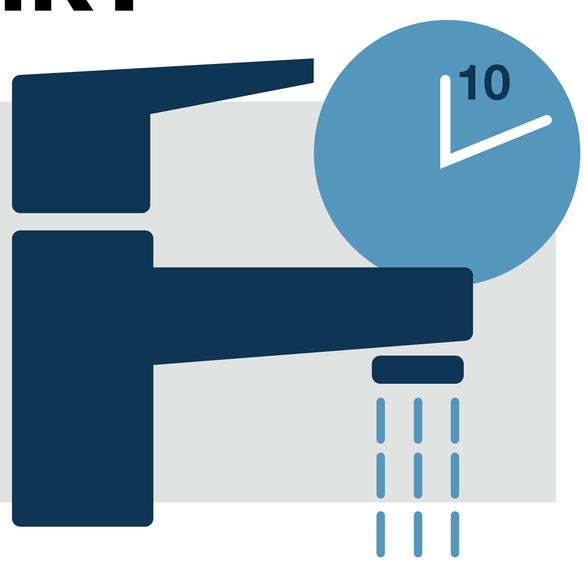
What to do
Ask them to rest and apply something cold to the injury. Call 999 if they become drowsy, vomit or their condition gets worse.



Asthma attack triggered by the cold?

How to recognise the condition
When someone has an asthma attack, their airways narrow, making it difficult for them to breathe.

What to do
Help the person sit in a comfortable position and take their medication. Reassure them. If the attack becomes severe, or they don't have their medication, call 999.

Burned yourself with a hot drink?

What to do
Cool the burn under cold running water for at least 10 minutes. After the burn has been cooled, cover it with cling film or a clean plastic bag. Call 999 if necessary.