



Emergency calls and minor injuries

AT A GLANCE

	Emergency	112 – free throughout Europe, even without credit (999 in the UK, 911 in the US)
	What for	Reacting correctly in small and big emergencies
	Important	Does not replace a first aid course

 30 minutes

 from 8 years

 first aid kit

The emergency call – the key questions

Where?	Where did it happen? Place, street, path junction, landmarks.
What?	What happened? Fall, accident, fainting ...
How many?	How many people are injured?
Which?	Which injuries can you see?
Wait	Do not hang up! Wait for questions.

Small wounds

- 1 Put on gloves if available.
- 2 Rinse dirty grazes with clean water.
- 3 No creams or home remedies on the wound.
- 4 Apply a plaster or dressing.
- 5 For deep or heavily bleeding wounds: apply pressure and get help.

Nosebleeds

- Sit down and lean the head slightly **forwards** (not backwards!).
- Pinch the soft part of the nose for about 10 minutes.
- Put a cool, damp cloth on the back of the neck.
- If it does not stop: get medical help.



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Ticks

- Grip the tick close to the skin with tick tweezers or a tick card and pull it out slowly.
- Do not squeeze; no oil or glue.
- Mark the spot with a pen and note the date.
- If a red ring appears or a fever develops in the following weeks: see a doctor.

 **For leaders:** At least one person with a valid first aid certificate should be present at every activity. Many aid organisations offer courses for youth groups.

First aid kit checklist

- ☐ plasters in different sizes
- ☐ dressings, gauze bandages, triangular bandages
- ☐ disposable gloves, emergency blanket, scissors
- ☐ tick tweezers, cold pack
- ☐ emergency numbers and a list of children with allergies