

## CALL EMERGENCY SERVICES

1



CONSULT YOUR LOCAL DIRECTORY

## GIVE L.I.F.E



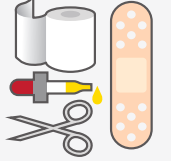
LOCATION



INJURY



FIRST AID  
GIVEN



EQUIPMENT  
USED

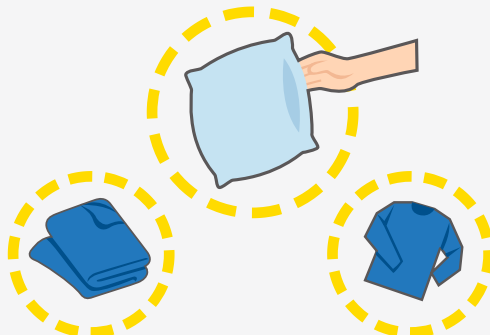
SHARE ABOVE INFORMATION WHEN  
SPEAKING TO EMERGENCY SERVICES

## DON'T MOVE INJURED AREA

2



DON'T MOVE INJURED AREA  
UNLESS ABSOLUTELY NECESSARY



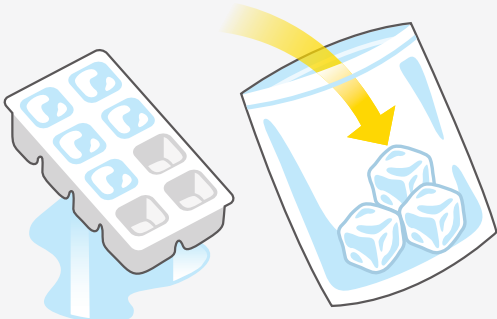
GRAB SOFT ITEM TO HELP KEEP  
THE INJURY STILL AND SUPPORTED



CAREFULLY PLACE UNDER THE  
BROKEN AREA TO AVOID MOVEMENT

## APPLY ICE PACKS

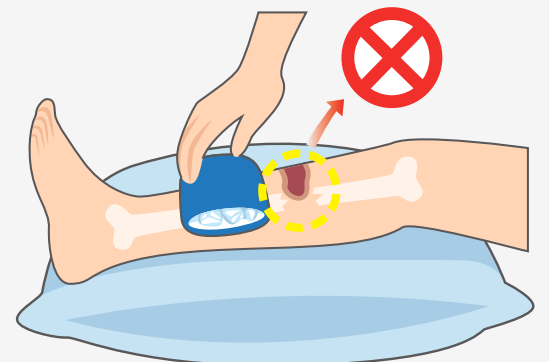
3



PLACE ICE IN BAG



WRAP BAG IN CLOTH



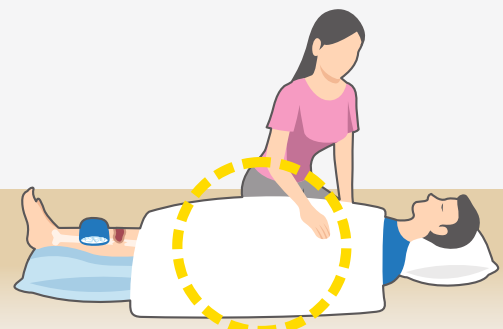
APPLY AROUND INJURY NOT ON IT

## KEEP THEM CALM

4



LIE THEM DOWN COMFORTABLY



KEEP THEM WARM



WAIT FOR HELP TO ARRIVE