

Keeping Safe

What happens when we see an emergency?

When there is an emergency, we often fall into the red mist.

The red mist makes it difficult for us to see what to do next.

This is because we may be sad, worried or in shock.



Dealing with an emergency:



1. Stop and take two breaths. If someone is shouting then listen to what they are saying.



2. Think about your own safety before acting.



3. Look around to see if a trusted adult can help.



4. If it is an emergency, phone 999.

The questions you will be asked when you dial 999:

1. Where are you? What is your location?
2. Who is the person hurt? How did it happen?
3. Is the injured person breathing? What is the injury?
4. Is there any blood?

