Key action:

**Apply something** 

cold to the injury.

#### Learner skill guide

# Helping someone who has a head injury



#### Recognise what to do:

They have just had an accident where they have banged their head.

They may have pain or a headache.

There may be a lump on their head.

#### Steps to take:

Ask them to rest.

Apply something cold to the injury.

If the person becomes drowsy, vomits or theircondition deteriorates, call 999 or get someone else to do it.

### Supporting knowledge:

An example of something cold could be frozen vegetables wrapped in a towel. These are ideal as they mould to the shape of the head.

This will help to relieve the pain and reduce the swelling.



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