



Helping someone who has a

# head injury



Key action:

**Apply something cold to the 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 their condition 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.