



Helping someone who has a

head injury

Key action:

Apply something cold to the injury.



Recognise what to do:

They may have banged their head.
Their head might hurt.
There may be a lump on their head.

Steps to take:

Help them to rest.
Apply something cold to the injury (like a bag of frozen peas wrapped in a tea towel).
If they become sleepy, vomit or seem confused, call 999.

Supporting knowledge:

Applying something cold to the injury for up to 20 minutes will reduce external swelling and pain. When a person has a blow to the head, their brain can be shaken inside the skull as well. This may cause a more serious head injury which may make them feel sick or drowsy.