

# Be a **First Aid** Champion at home



See what objects you have in the house that could help someone who is injured.



Search your house for the objects.

## 1 A towel

For you to press hard on a bleed to stop the bleeding



## 2 A bag of frozen peas

To cool a bumped head (wrap it in the towel first)



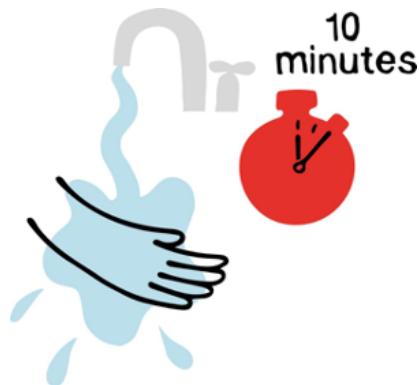
## 3 A cushion

To support a broken bone



## 4 A running tap

To hold a burn under the cool water for 10 minutes



## 5 A phone

To call the emergency services and download our app to learn the skills and earn the badges



You can also visit our new [First Aid Champions website](https://www.preparecenter.org/firstaidchampions) to learn these skills and become a First Aid Champion at home.

