

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.