

# Learn First Aid With...



While you are at home, First Aid is a skill which could literally save your life! Work your way through these tasks to teach yourself first aid at home.

1. Start on the homepage and learn about the eight characters who will help you to learn first aid. -  
<https://firstaidchampions.redcross.org.uk/primary/>
2. Learn why First Aid is important  
<https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/home-learning-pathway/>
3. Learn the four most important First Aid skills:  
How to help someone that is having an asthma attack  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack/>  
How to help someone who is bleeding  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/>  
How to help someone who is burned  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/burns/>  
How to call for an ambulance  
<https://firstaidchampions.redcross.org.uk/primary/safety/calling-999/>
4. One of the most important things about first aid is kindness. Learn how to stay calm and be kind when you are giving first aid.  
<https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/>  
<https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/thinking-about-helping/>
5. Learn how to be safe when giving first aid  
<https://firstaidchampions.redcross.org.uk/primary/safety/>
6. These are some of the more advanced first aid skills:  
How to help someone with a broken bone  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/broken-bone/>  
How to save someone who is choking  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/>  
How to help someone with a head injury  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/head-injury/>  
How to help someone who is unconscious  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/>  
How to help someone who has stopped breathing  
<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/>
7. When you have learnt everything you want to, try the quizzes to test your knowledge:  
<https://firstaidchampions.redcross.org.uk/primary/quizzes/>

When you are finished, don't forget you can share your learning with us via Twitter and email.