❄ BE WINTER READY

Winter First Aid at a Glance

What to do in the first few minutes.

SkillBase™ Approved Trainer Collective

Slipped on ice

- **Keep them still** and support the injury.
- **Ice it** (wrapped) for up to 20 minutes.
- **Nothing to eat or drink.**

Call 999 if a limb looks deformed, a bone is showing, they're in shock, or it's the neck, back, head, pelvis or thigh.

Too cold (hypothermia)

- **Spot it:** shivering, pale skin, confusion, drowsiness. Shivering can **stop** as it gets worse.
- **Warm them slowly.** Dry layers and blankets.
- **Don't rub them.** Warm drink, no caffeine or alcohol.

Get urgent help if they can't stop shivering, or seem drowsy or confused.

Bumped their head

- **Sit them down** somewhere quiet and stay with them.
- **Watch for:** dizziness, confusion, sickness, headache.
- **Don't let them go home alone** after a significant knock.

Call 999 if they get drowsy, less responsive, or a severe headache.

Burns from heaters & drinks

- **Cool it** under cold or lukewarm running water for **at least 20 minutes**.
- **Remove anything loose,** not stuck to the burn.
- **Cover** with cling film laid over. No creams or ice.

Call 999 for a deep or large burn, and keep cooling while you wait.

999
Life-threatening or serious? Stay on the line and follow the call handler.

NHS 111
Not sure how urgent? Call for advice or visit a Minor Injuries Unit.

Scan for the full guides

A quick reminder, not a substitute for training. Reviewed November 2026.

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Confidence, not just competence