

# How can you help someone who has a head injury



## Key action:

Cool  
the bump  
or bruise



### How do you know someone has hurt their head?

They may have banged their head.

Their head might hurt, or they might have a headache.

A bump might appear on their head.



## How to help

- 1 Help them to rest.
- 2 Hold something cold on where they have bumped their head (like a bag of frozen peas wrapped in a tea towel).



- 3 Tell an adult.