

I
walked through
a glass door
i cut my leg open
but i didn't
panic
i just needed
someone
who'd learnt
first aid
to put pressure
on the wound
raise my leg
stem the bleeding
But there was
no someone

Keiko Walters ● 1971-2010

You can be
the difference
between
life and death
to find out how
search 'life
saved'

St John
Ambulance
The difference.



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A grape stuck in my throat.
I couldn't breathe. It was
really scary. But I knew a
grown-up would help me.
Who was clever at first aid.
Who knew that all I needed
was some hard slaps on the
back. Because grown-ups
always know what to do.
Don't they?

Abigail West 2005-2010

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