



Cymorth Cyntaf

First Aid



St John
Ambulance



Cymorth Cyntaf

Dyma rhai pethau i gofio:

- **Cadwch yn ddiogel;**
- **Peidiwch mynd mewn i banig;**
- **Cadwch siarad i'r claf;**
- **Ffoniwch 999 os ydyw'n argyfwng;**
- **Gwnewch eich gorau.**

Mae'n well gwneud rhywbeth bach i helpu yn lle gwneud dim.



First Aid

Here are some important things to remember:

- *stay safe;*
- *stay calm;*
- *keep talking to the casualty;*
- *call 999 if it is an emergency;*
- *do your best.*

It is always better to do something small than to do nothing at all.



Gweithgaredd: Cadw'n ddiogel

Activity: Staying Safe



Edrychwch ar y golygfeydd yn y lluniau yma ar y tudalennau nesaf. Cylchwch lle mae perygl ym mhob un. Ystyriwch sut gallech chi osgoi perygl i chi'ch hun os taw chi fyddai'n rhoi cymorth.

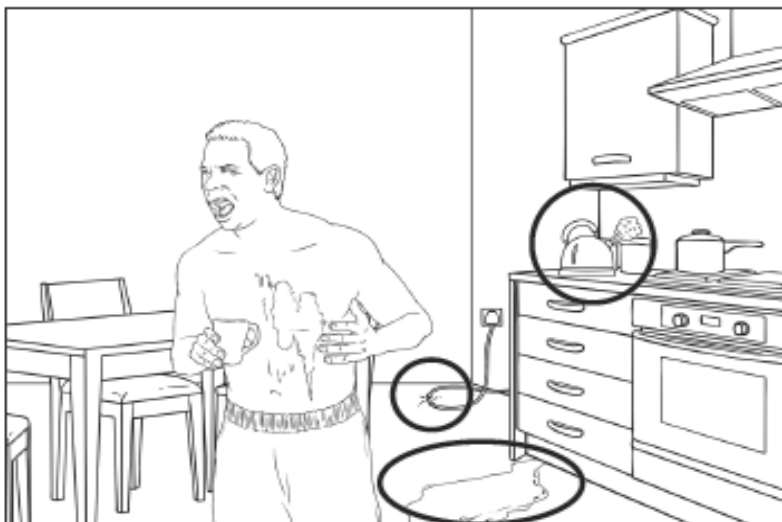
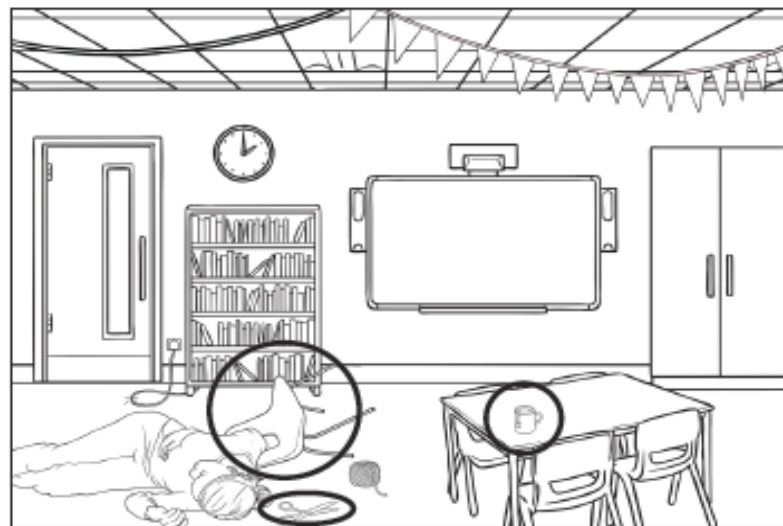
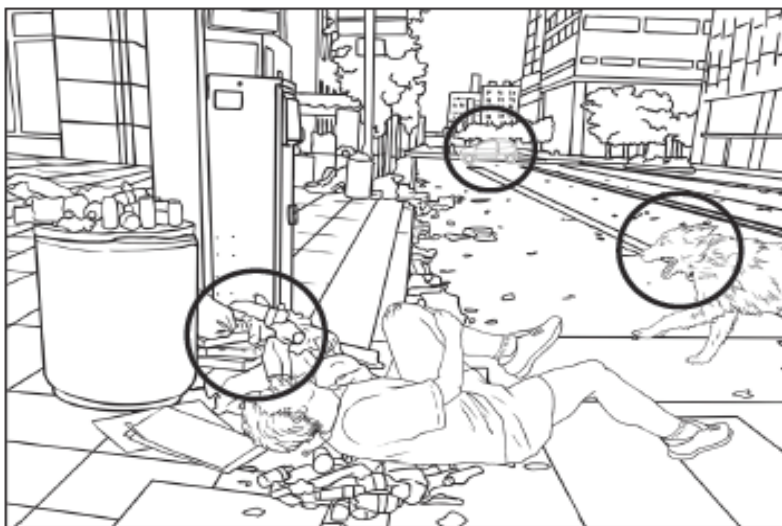
Look at the scene in these pictures on the next three pages. Circle each hazard and explain why it could be a danger to a first aider. Think about what you could do to avoid the hazard or solve the problem without putting yourself in danger.







Staying Safe Answers



There may be more hazards than those circled.

Scenario 1: The Street

- Litter on the road may be sharp or a trip hazard.
- The dog is not wearing a lead and may bite.
- Cars are driving along the street.

Scenario 2: The Classroom

- Sharp scissors are on the floor.
- The fallen chair may be a trip hazard.
- The drink on the table may still be hot.

Scenario 3: The Kitchen

- The wire is damage and may be an electrocution risk.
- The water on the floor may be slippery.
- The kettle is boiling and may cause a scald.

Darganfyddwch mwy:
Find out more:

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<http://youth.stjohnwales.org.uk/>