If you require first aid for yourself or others:
1. Call a College First Aider
2. State condition and location of casualty
3. Stay with the casualty until help arrives

If you require an ambulance:
1. Call 999 (or 9-999 from an internal College phone)
2. Answer the questions of the call handler
3. Inform Security that you have contacted the emergency services by dialling ext. 444 from an internal phone, or 01784 443888, from a mobile or external line*
4. Stay with the casualty until help arrives

* This will ensure that the ambulance can be directed promptly to the location of the casualty.

Further guidance on when to call 999 can be found on the NHS website.