

FIRST AID FOR CHILDREN

DO NOT USE THE TECHNIQUES ON THIS POSTER ON INFANTS UNDER 1-YEAR-OLD. FOLLOW THIS QR CODE FOR LINKS TO MORE DETAILED GUIDELINES AND INFORMATION ON ANY RELEVANT PRODUCTS. The information in this poster is NOT a substitute for adequate training. All instructions provided are intended as guidance only. Every injury is different, the decision to call the emergency services needs to be based on the severity of the situation. Always call 999 or 112 if the casualty is seriously ill or injured and their life is at risk.



1

CHOKING

IMMEDIATELY CALL 999 OR 112 IF THESE STEPS DO NOT WORK. IF AT ANY point the casualty becomes unconscious, go to step 2. If abdominal thrusts are used, go to the hospital afterwards.



LOOK FOR THE OBJECT

Remove the object if you can see it. If you can't easily remove the object, it



ENCOURAGE COUGHING

If the child is coughing loudly, there is no need to do anything. If coughing is ineffective, it



1 ELBOWS TO BACK

Lean the child over your thighs. Slip hands between their shoulder blades. If ineffective, it



1 ABDOMINAL THRUSTS

From behind, stand 2 yards (2m) and push with your hands. Push deeply upwards and inwards between their hand and ribs.

2

UNCONSCIOUS CASUALTIES

Before administering First Aid, make sure that you are not in any danger.



CALL FOR HELP

Tell the helper to call 999 or 112 and put an AED where you give First Aid.



CHECK IF THEIR BREATHING IS CLEAR

If it is clear, tilt the head back.



IF THEY ARE BREATHING, GO TO STEP 3. IF THEY ARE NOT, GO TO STEP 3.

3

ADMINISTER CPR

To give chest compressions, place the casualty on a flat, firm surface. Put the heel of one hand on top of the other and interlock fingers. Place hands in the centre of the chest, and press down hard.



30 CHEST COMPRESSIONS

Compress the chest by a third of 100-120 per minute.



2 RESCUE BREATHS

Tilt the head back, pinch the nose shut and give 2 breaths of 1 second each.



30 MORE COMPRESSIONS

Continue at the same rate of 30/2 until the arrival of an AED or ambulance.

4

USE AN AED

ENQUIRE THE DEFIBRILLATOR IS FOR PEDIATRIC USE. Remove all clothing from the casualty's chest. Ensure the chest is dry and remove any metal jewellery.



TURN AED ON AND PLACE PAD AS INSTRUCTED ON THE PAD'S INSTRUCTIONS.



DO NOT TOUCH THE CASUALTY WHILE THE AED ANALYSES.



SHOCK CLEAR AND PRESS. THE DEVICE WILLING WHEN INSTRUCTED BY THE AED.



RECEIVED NO CPR AT ALL? IF NO, GO TO THE AMBULANCE ADDRESS.

5

RECOVERY POSITION

If a casualty is unconscious but breathing put them into the recovery position.



WITH THE CASUALTY ON THEIR BACK, PUT THE NEARER ARM TO THE GROUND AT A RIGHT ANGLE.



PULL THE OTHER ARM ACROSS THE CHEST, PLACING THE HAND ACROSS THEIR CHEEK.



WEDGE THE HEEL OF THE HAND ON THE GROUND, FORMING AN L SHAPE.



PULL ON THE HAND TO FURTHER THE CASUALTY INTO THEIR SIDE AND MONITOR THEM.

6

ASTHMA ATTACKS

Look for any reliever or asthma inhaler.



SET CHILD DOWN AND REASSURE THEM TO KEEP THEM CALM.



ASSET WITH 1 PUFF OF THE SMALLER EVERY 30-45 SECONDS TO THE CHILD'S MOUTH.



CALL FOR HELP IF THE SYMPTOMS DO NOT IMPROVE.



IF THE AMBULANCE TAKES MORE THAN 15 MINUTES TO ARRIVE, REPEAT STEP 6.

First Aid Manual For Kids

JL Elias



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web dec 19 2021 ingredients 1 medium onion finely chopped 1 2 cup scallions finely chopped 1 hot pepper finely chopped 3 tablespoons soy sauce 1 tablespoon oil 1 tablespoon cider vinegar or white vinegar 2 teaspoons fresh thyme leaves 2 teaspoons granulated sugar 1 teaspoon salt kosher salt or sea salt is

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web step 1 make the jerk seasoning place the chiles scallions garlic ginger cilantro thyme sugar salt allspice cinnamon pepper and salt in food processor and grind to a coarse paste work in the oil rum and soy sauce to obtain a thick but spreadable paste

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web recipe tips place the food in a glass baking dish and spread the jerk seasoning over it turning to ensure an even coating marinate large pieces of meat overnight medium size pieces for 4 to 6 hours and small pieces for 1 to 2 hours covered in the refrigerator barbecue or indirect grill the meat using moderate heat and plenty of wood smoke

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web in the process it s lost a lot of its fire spice and salt here s how they make it in the birthplace of jerk a town called boston beach on the north coast of jamaica count yourself lucky to have a blender in boston beach they grind the seasonings in a hand cranked spice mill

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