

First Aid For Children

1. INTRODUCTION

The purpose of this leaflet is to give you some information on a range of first aid techniques. This is not intended to be a substitute for professional first aid training. It is intended to be a guide to help you understand the importance of first aid.

WHEN TO GET HELP

First aid is the first help you can give to a child who is injured. You may find you are not able to help the child in the way you would like to. In this case, you should get help from a professional first aid provider.

HOW TO CALL THE EMS

- In the UK, call 999.
- The operator will ask you a number of questions to help them understand the situation and to give you advice on what to do.
- The operator will also tell you the location of the nearest hospital and the location of the nearest ambulance.
- The operator will also tell you the location of the nearest first aid provider.

ESSENTIAL INFORMATION

- It is essential that you have the following information on the person in your care:
- The person's name and address.
- Any known allergies or medical conditions.
- Any medication the person is taking.
- Any other information that may be helpful.

CHILDREN'S REACTION

Children may react differently to first aid. Some may be frightened, some may be curious, and some may be angry. It is important that you understand the child's reaction and respond accordingly.



2. CHOKING

Choking occurs when a foreign object gets stuck in the airway. This can be life-threatening. It is important to act quickly.

RECOGNITION

- Child making high-pitched sounds.
- Child is unable to breathe.
- Child is turning blue.
- Child is sweating.
- Child is sweating.
- Child is sweating.
- Child is sweating.
- Child is sweating.

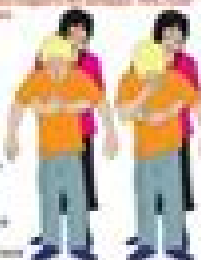
ACTION

- Encourage the child to cough.
- If the child is unable to cough, perform the Heimlich manoeuvre.
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- If the child is unable to cough, perform the Heimlich manoeuvre.

ADAPTATIONS FOR A CHILD UNDER 1

- Do not perform the Heimlich manoeuvre on a child under 1 year old.
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Remember: always seek professional help if you are unsure.



3. UNCONSCIOUSNESS

Unconsciousness occurs when a person loses consciousness. This can be life-threatening. It is important to act quickly.

ACTION

- Check the person's airway, breathing, and circulation.
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Sign	What it means	What to do
A	Alert	Check for injuries and call for help.
V	Vital signs	Check for breathing and circulation.
P	Pain	Check for pain and discomfort.
U	Unconscious	Check for unconsciousness and call for help.

4. DEFIBRILLATION

Defibrillation is a procedure used to restart a heart that has stopped beating. It is important to act quickly.



5. FEVER

Fever is a common symptom of an infection. It is important to act quickly.

RECOGNISING A FEVER

- The child is hot to the touch.
- The child is sweating.
- The child is sweating.
- The child is sweating.
- The child is sweating.
- The child is sweating.
- The child is sweating.
- The child is sweating.

COOLING A CHILD

- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.
- Place the child in a cool environment.

RECOGNISING MENINGITIS

- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.
- The child has a stiff neck.

ACTION IN A SEIZURE

- Place the child on their side.
- Place the child on their side.
- Place the child on their side.
- Place the child on their side.
- Place the child on their side.
- Place the child on their side.
- Place the child on their side.
- Place the child on their side.

GIVING MEDICATION

- If you are not sure, do not give the child any medication.
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- If you are not sure, do not give the child any medication.

5. RESUSCITATION

Resuscitation is a procedure used to restart a heart that has stopped beating. It is important to act quickly.

- Check for breathing.
- Check for breathing.
- Check for breathing.
- Check for breathing.
- Check for breathing.
- Check for breathing.
- Check for breathing.
- Check for breathing.



IF BREATHING IS PRESENT

If the child is breathing, place them in the recovery position.

IF BREATHING IS ABSENT

If the child is not breathing, perform CPR.

Remember: always seek professional help if you are unsure.

Remember: always seek professional help if you are unsure.

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First Aid Guide For Children Chart

Michael Rajnik

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Table of Contents First Aid Guide For Children Chart

1. Understanding the eBook First Aid Guide For Children Chart
 - The Rise of Digital Reading First Aid Guide For Children Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying First Aid Guide For Children Chart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an First Aid Guide For Children Chart
 - User-Friendly Interface
4. Exploring eBook Recommendations from First Aid Guide For Children Chart
 - Personalized Recommendations
 - First Aid Guide For Children Chart User Reviews and Ratings
 - First Aid Guide For Children Chart and Bestseller Lists
5. Accessing First Aid Guide For Children Chart Free and Paid eBooks
 - First Aid Guide For Children Chart Public Domain eBooks
 - First Aid Guide For Children Chart eBook Subscription Services

- First Aid Guide For Children Chart Budget-Friendly Options
- 6. Navigating First Aid Guide For Children Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - First Aid Guide For Children Chart Compatibility with Devices
 - First Aid Guide For Children Chart Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of First Aid Guide For Children Chart
 - Highlighting and Note-Taking First Aid Guide For Children Chart
 - Interactive Elements First Aid Guide For Children Chart
- 8. Staying Engaged with First Aid Guide For Children Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers First Aid Guide For Children Chart
- 9. Balancing eBooks and Physical Books First Aid Guide For Children Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection First Aid Guide For Children Chart
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine First Aid Guide For Children Chart
 - Setting Reading Goals First Aid Guide For Children Chart
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of First Aid Guide For Children Chart
 - Fact-Checking eBook Content of First Aid Guide For Children Chart
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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