

FIRST AID

2-4 EDITION

FIRST AID FOR UNCONSCIOUS ADULT OR CHILD



Accidents can happen, anywhere, anytime. Knowing how to provide proper care can save a life. First aid can range from calling emergency medical personnel (911) to performing more advanced procedures such as administering CPR. Guidelines in this chart are specific to "non health care professionals".

STEP 1: SURVEY THE SCENE

- If there is any kind of danger, call Emergency Medical Services (EMS) (911) first.
- Ensure the scene is safe for you and others.
- Look for things that may threaten your safety, such as fire, electrical wires, or dangerous surfaces.
- If you feel your safety is threatened, stay back and allow professionals to handle any dangerous situations.

STEP 2: CHECK FOR RESPONSIVENESS

- Gently tap casualty and shout "Are you okay?"
- If the casualty responds, begin a Secondary Survey (see pg. 2).
- If the casualty is conscious but appears to be choking, use "First Aid for Conscious Adult or Child with Complete Airway Obstruction".
- If the casualty does not respond, send someone to call EMS (911). If no one else is available, place the call yourself, then return and begin the Primary Survey (see below).
- If you are alone and dealing with a child or infant, give care for 2 minutes first, then call EMS (911).

STEP 3: PRIMARY SURVEY

- The Primary Survey will help you to determine if any conditions threaten the casualty's life.
- Roll the casualty onto his or her back if they are not breathing or only gasping. If the casualty's position keeps you from checking their breathing:
 - o Kneel beside the casualty on the side they are not facing.
 - o Roll the casualty toward you, "face upward" - as a single unit - do not twist.
 - o Support back of the casualty's head and neck.
- Once you have determined that the casualty is not breathing or only gasping and have rolled them onto their back, proceed to step 3a.
- Remember **CAB**: circulation, always, something.
- If the casualty is breathing normally, proceed to step 4a. Check for Control Severe Bleeding.

- ⚠ If the person starts breathing or begins to vomit, place them into recovery position (see pg. 2).
- ⚠ If the person is showing signs of an injury or illness, provide on-going casualty care until EMS (911) arrives.

1 | First Aid - 1-800-231-1234

STEP 3: PRIMARY SURVEY (CONT.)

3a. CIRCULATION: Begin Compressions

CPR for Adults (18+ Years)

Hand Placement: (see Fig. A)
Place the heel of your hand on the person's sternum in the center (midline) between chest nipples, brought across from their navel, then place the heel of the second hand on top of the first so that the hands are overlapped, interlocked and parallel.



Give 30 Compressions: (see Fig. B)

- Position shoulders over hands.
- Compress sternum at least 2 inches (5 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep hands in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.
- If the task, check hand position and re-aligning, do not stop.



CPR for Children (1-18 Years)

Hand Placement:
Position is the same as for adult. Compress chest in the center (midline) and you can use one or two hands to do compressions.

CPR for Infants (Under 1 Year)

Hand Placement: (see Fig. C)
Place two fingers on bridge of nose (midline of chest) just below the infant's nipples.

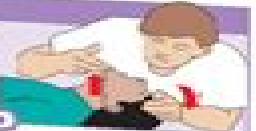
Give 30 Compressions:

- Compress sternum at least 1/2 inches (1 cm) down and up smoothly at a rate of at least 100 times per minute.
- Keep fingers in contact with the chest at all times.
- Push hard, push fast. Allow for complete recoil of chest between compressions.



3b. AIRWAY: Open the Airway

- Do "head-tilt-chin-lift" if neck injury is not suspected (see Fig. D).
- If head/neck injury is suspected and the person is not breathing, "non professional" rescuers are recommended important to get as close to the person. Opening the airway using other methods is difficult to do and is therefore not recommended.



3c. BREATHING: Give 2 Full Breaths

- Pinch nose and give 2 breaths of air, each lasting 1 second (see Fig. E).



- Watch to see that chest rises as breaths go in.
- If breaths does not go in, adjust airway by tilting the head further back (reposition) and give another breath.

- For infants use a mouth-to-mouth or nose technique (see Fig. F).
- To do this, use your mouth to make a seal over the infant's mouth and nose.
- If you have difficulty making an effective seal, try either mouth-to-mouth ventilation (pinch the infant's closed mouth) or mouth-to-nose ventilation (cover the mouth).

BREATHS STILL DO NOT GO IN

- Do first aid for unconscious choking adult or child, or first aid for infant with complete airway obstruction.

BREATHS GO IN

- Deliver another 30 compressions, followed by 2 breaths. Continue cycle until:
- The area becomes dangerous.
- You are too physically exhausted to continue.
- EMS (911) arrives.

- The person starts breathing or begins to vomit.
- Another trained rescuer takes over.
- Someone arrives with an AED (Automated External Defibrillator).

CASUALTY BEGINS BREATHING: Proceed to Step 4

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Safety



Fig. G2

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Fig. G3

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Fig. G4

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First Aid For Children Quick Reference Guide

Peter A. Levine, Ph.D., Maggie Kline



First Aid For Children Quick Reference Guide:

The Quick Reference Guide to Your Child's Health Alia Y. Antoon, Denise M. Tompkins, 2000 Reviews the basics of child health and features alphabetically arranged entries that provide information about common symptoms childhood illnesses and diagnoses injuries emergency situations newborn care and concerns and behavior and development issues *The Principal's Quick-Reference Guide to School Law* Robert F. Hachiya, Robert J. Shoop, Dennis R. Dunklee, 2014-04-10 Minimize site based risk while respecting the legal rights of students staff and parents Principals deal with complicated and potentially damaging legal issues every day and now there is an accurate accessible tool written in plain English that can give administrators the information they need to do their jobs while minimizing legal risk Dennis R Dunklee and Robert J Shoop recognized school law experts provide additional programmatic guidance for other school district personnel management cues and risk management guidelines a comprehensive index additional references to landmark court cases coverage of the No Child Left Behind Act and information on state created danger and deliberate indifference This new edition helps school administrators quickly find important legal guidance for issues that include Staff selection and evaluation Student rights and discipline Special education and the reauthorized IDEA Copyright law Search and seizure Sexual harassment and sexual exploitation and many more This essential desk reference offers a straightforward resource on translating school law into practice and can be used as a day to day reference guide or a comprehensive overview of school law today *The Pediatric Eye Exam Quick Reference Guide: Office and Emergency Room Procedures* Zhu-Tam, Lily, Chung, Ida, 2022-02-18 There is a need for comprehensive books that provide crucial information in a clear and direct manner particularly in the medical field Currently there are limited resources available to students and clinicians that provide step by step procedures with pictures on how to examine the eye in the pediatric population The Pediatric Eye Exam Quick Reference Guide Office and Emergency Room Procedures is a clinical procedure book to provide step by step pediatric eye care examination techniques and is an important addition to the field of eye care The chapters are written by leading pediatric optometrists and ophthalmologists in the field Years of academic and clinical experiences from schools of optometry hospital based eye care and private practice are all presented in a user friendly format with clinical pearls and insights that will help any clinician perform a pediatric eye exam easily and efficiently Covering a range of critical topics such as pupil examination visual field testing refraction and ocular emergencies and providing pictures it is ideal for all students residents academicians trainers and novel and seasoned clinicians who are interested in learning how to examine a pediatric patient and staying on top of the latest pediatric eye care procedures *How to Safeguard Our Precious Kids: A Practical Guide for Parents* Pasquale De Marco, 2025-03-19 In a world where uncertainties lurk around every corner ensuring the safety and well being of our precious children remains a paramount concern for parents and caregivers How to Safeguard Our Precious Kids A Practical Guide for Parents is a comprehensive guide that provides invaluable insights and practical strategies to mitigate risks and foster a secure

environment for children to thrive Drawing upon expert advice research based knowledge and real life experiences this book equips parents with the tools and knowledge necessary to navigate the challenges of raising children in today s complex and ever changing world From establishing open communication and fostering a supportive home environment to teaching personal safety skills and encouraging responsible decision making this guide covers the foundational elements of child safety Furthermore the book delves into the digital realm addressing online risks promoting digital literacy and countering cyberbullying It also examines strategies for preventing stranger dangers enhancing school safety and safeguarding against physical threats By cultivating safety conscious communities promoting safe habits and empowering children to protect themselves parents can create a world where their children can grow and flourish free from fear and harm With chapters dedicated to fostering mental and emotional well being preparing for emergencies and promoting safe habits this book provides a holistic approach to child safety It recognizes the importance of addressing not only physical safety but also the emotional and psychological well being of children By providing practical guidance and actionable strategies this book empowers parents to fulfill their sacred duty of ensuring the safety and well being of their children How to Safeguard Our Precious Kids is an essential resource for parents grandparents caregivers and anyone committed to protecting children With love dedication and unwavering commitment we can create a world where children can thrive reaching their full potential in a safe and secure environment If you like this book write a review

Kid's Outdoor Survival Handbook: Fire, Shelter, Water, and Wilderness Skills Revealed Hollis Morales,2025-04-02 Kid s Outdoor Survival Handbook Fire Shelter Water and Wilderness Skills Revealed Imagine a world where kids are equipped with the knowledge and skills to thrive in the great outdoors Kid s Outdoor Survival Handbook Fire Shelter Water and Wilderness Skills Revealed is a captivating and comprehensive guide designed to empower young adventurers This book offers a treasure trove of essential survival techniques and practical advice making it an indispensable companion for children eager to explore nature This handbook is meticulously crafted to ensure that young readers can easily understand and apply the skills needed to survive and enjoy their outdoor experiences From building a fire to constructing a shelter sourcing clean water and navigating through the wilderness each section is filled with step by step instructions helpful tips and engaging illustrations The content is presented in a fun and interactive manner encouraging kids to learn through hands on activities and real life scenarios The target readers for this handbook are children aged 8 to 12 along with their parents and educators who want to foster a sense of independence and confidence in the younger generation This book is perfect for kids who love spending time outside whether it s camping hiking or simply exploring their backyard Teaching Assistant's Handbook Louise Burnham,Kate

Carpenter,2004 Covering mandatory and optional units this book provides teaching assistants what they need to know It covers guidelines and advice for assistants supporting children with English as a second language It also includes illustrations photographs and case studies relevant to those working in secondary schools Emergency Field Handbook

UNICEF.,2005 Since its inception UNICEF has provided life saving assistance and assured protection for children in both natural and man made emergencies guided by the principle that children in crises have the same needs and rights as children in stable situations This new version of the Emergency Field Handbook has been developed after consultation as a practical tool for UNICEF field staff to meet the needs of children and women affected by disasters It is structured around UNICEF s Core Commitments for Children in Emergencies and covers programme areas and operational functions It includes a CD ROM which contains a complete electronic version of the Handbook as well as links to background and reference documents

Just in Case Kathy Harrison,2025-04-08 Essential strategies to prepare you in the event of an emergency If disaster strikes and public services are limited you want to know that your family will be taken care of Learn how to inventory and rotate your food supply pack an evacuation kit maintain communication with loved ones and much more With bestselling author Kathy Harrison s *Just in Case How to Be Self Sufficient When the Unexpected Happens* you ll soon gain the ingenuity and resourcefulness to get your family through even the most unfortunate circumstances Aided by charmingly retro illustrations vaguely reminiscent of a 1940s air raid brochure Harrison presents her OAR system for preparedness organizing acquiring and rotating supplies and techniques to safely and even comfortably survive any kind of emergency She shows how to prepare for a short term crisis building a supply of food and water preparing first aid and evacuation kits planning communication and a family meeting place in times of crisis She also presents long term strategies for self sufficiency eliminating debt and securing a supply of cash in your home planting a garden canning food and making cheese replacing an inefficient fireplace with a woodstove building a solar oven Harrison shows that learning to do it yourself besides providing some security in an increasingly insecure world brings less obvious but perhaps equally important benefits an incredible sense of self sufficiency and independence Publishers Weekly Illustrations by Alison Kolesar

Paediatric First Aid for Carers and Teachers (Paedfacts) American Academy of Pediatrics (AAP),A. A. P. American Academy of Pediatrics,2009-12-22 Carers and teachers need to know what to do when a child is injured or becomes suddenly ill Most injuries that require first aid are not life threatening Usually first aid involves simple common sense procedures However first aid can sometimes mean the difference between life and death All carers and teachers should have paediatric first aid training *Paediatric First Aid for Carers and Teachers PaedFACTs* can be read either as a stand alone manual or as part of the very successful *PaedFACTs* course designed to give carers and teachers the education and confidence that they need to effectively care for children The *PaedFACTs* course and manual have been carefully written to align with the advice and guidance issued by prominent United Kingdom UK bodies Endorsed by the College of Paramedics in the UK and the American Academy of Pediatrics internationally any parent carer or teacher can be assured of up to date and relevant first aid information approved by professional organisations

The Mother of All Baby Books Ann Douglas,2009-12-17 The *Mother of All Baby Books* is the instruction manual that Mother Nature forgot to include with the new arrival a hands on

guide to coping with the joys and challenges of caring for your new baby It s a totally comprehensive guide that features a non bossy fresh and fun approach to Baby s exciting first year Based on the best advice from over 100 Canadian parents The Mother of All Baby Books is the ultimate guide to bringing up Baby in the Great White North The Mother of All Baby Books offers the straight goods on what it s really like to become a parent a frank discussion of the top ten worries of new parents presented with a hefty dose of reassurance the facts you need to make up your mind about breastfeeding circumcision immunization and other important issues comprehensive answers to all of your baby related questions including the ones that have you pacing the floor at 3 00 a m medically reviewed practical advice on coping with colic diaper rash nursing strikes and other common first year challenges insider secrets on shopping for baby without going broke a helpful glossary of baby related terms a directory of Canadian organizations for new parents a list of Internet resources of interest to Canadian parents immunization schedules baby growth charts and more

The ICEA Guide to Pregnancy & Birth ICEA

ICEA,2011-07-27 Essential information to help you make informed decisions for a healthy pregnancy labor and birth In this new guide the International Childbirth Education Association ICEA presents the best available evidence based research on pregnancy childbirth and newborn care Its goal is to help expectant parents understand their options in maternity care and to guide them as they make informed decisions that are best for them and their families Written in plain English and organized for easy reference this is a great resource for any childbirth class Essential information to help you make informed decisions for a healthy pregnancy labor and birth In this new guide the International Childbirth Education Association ICEA presents the best available evidence based research on pregnancy childbirth and newborn care Its goal is to help expectant parents understand their options in maternity care and to guide them as they make informed decisions that are best for them and their families Written in plain English and organized for easy reference this is a great resource for any childbirth class

Baby and Child A to Z Medical Handbook Miriam Stoppard,1996-01-01 A physician presents basic medical information on childhood illnesses and first aid techniques and teaches parents how to respond effectively to their children s most common medical problems

Resources in Education ,1998

The Mother of All Toddler Books Ann Douglas,2009-01-26

THE MOTHER OF ALL TODDLER BOOKS is the one toddler book no Canadian parent should be without Written in the same friendly and non bossy tone as the previous books in this bestselling series and based on the best advice of more than 100 Canadian parents The Mother of All Toddler Books takes you on a guided journey through the toddler years highlighting they key attractions you and your child can expect to enjoy along the way Warm and informative friendly and reassuring The Mother of All Toddler Books is the ultimate guide to getting through the toddler years in the Great White North The Mother of All Toddlers Books offers the inside scoop on what it s really like to raise a toddler the good the bad and the ugly proving strategies for coping with whining biting dawdling temper tantrums and other hazards of toddlerhood sensible advice on making toilet training as stress free as possible for you and your child creative suggestions for arts and crafts projects and

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