

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 5. 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



5 BACKS TO BACK

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



1 ABDOMINAL THRUSTS

From behind, stand 2 feet (60 cm) behind the child and lean them over your arm and back with their head tilted slightly forward and upwards between their head and the

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 THEY ARE 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 5.

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 an inch (2 cm) 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.



SHOULDER CLEAR AND PRESS THE CHARGE BUTTON WHEN INSTRUCTED BY THE AED.



RECEIVED NO CPR AT ALL? IN THIS CASE, THE AMBULANCE ARRIVES.

5

RECOVERY POSITION

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



WITH THE CASUALTY ON THEIR BACK, PUT THE NEAREST TO YOU AT A 90-DEGREE ANGLE.



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



WELD THE LEGS IN PLACE AND BRACE THE LEGS FURTHEST FROM YOU AT A 90-DEGREE ANGLE.



PULL ON THE SHOULDER FURTHER TOWARDS THE ANTERIOR LEG.

6

ASTHMA ATTACKS

Look for any reliever or asthma inhaler.



SET CHILD DOWN AND REASSURE THEM TO KEEP THEM CALM.



ADJUST WITH 1 FOOT OF THE SHOULDER TOWARDS UP TO THE CHILD'S SHOULDER.



CALL FOR 999 IF THE SYMPTOMS DO NOT IMPROVE.



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

First Aid Manual For Kids

S Ashworth



First Aid Manual For Kids:

Unveiling the Magic of Words: A Overview of "**First Aid Manual For Kids**"

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