

# First Aid FOR Emergencies

## INFANTS AND CHILDREN

To handle an emergency situation, use **Emergency Scene Management (ESM)**.

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help.

**Note:** Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

### Cardiopulmonary Resuscitation (CPR)

- 1 Open airway – push back on forehead and lift chin.
- 2 Check breathing. If the casualty is not breathing...
- 3 Make a tight seal over mouth and nose of an infant (under 1 year). Pinch nose of a child (1-8 years) and make a tight seal over the mouth. Give 2 breaths.
- 4 Make sure casualty is on a firm flat surface.
- 5 For a child place hands on centre of chest
- 6 Position shoulders directly over hands and keep elbows locked.
- 7 Compress firmly 30 times then give 2 breaths. Continue cycles of 30 compressions and 2 breaths until help arrives.



COMPRESS FIRMLY 30 TIMES THEN GIVE 2 BREATHS. CONTINUE CYCLES OF 30 COMPRESSIONS AND 2 BREATHS UNTIL HELP ARRIVES.

- 1 For an Infant place 2 fingertips on the infant's breastbone just below the nipples.
- 2 Use 2 fingers to press down firmly on the breastbone.
- 3 Compress firmly 30 times then give 2 breaths.
- 4 Continue cycles of 30 compressions and 2 breaths until help arrives.



### Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings. Keep the casualty lying down.



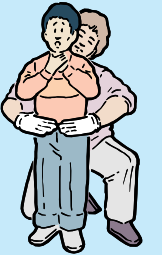
CONTROL BLEEDING IMMEDIATELY

### Choking (Child)

If a choking child can speak, breathe or cough – STAND BY and encourage coughing.

If a conscious child cannot speak, breathe or cough:

- 1 Stand behind the child and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or child becomes unconscious.



If the child becomes unconscious ease him or her to the ground and send for medical help

- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing...
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving a breath.



### Choking (Infant)

If infant is making high pitched noises or is having trouble breathing:

- 1 Give 5 forceful blows between the shoulder blades.
- 2 Turn infant over and give five chest thrusts using two fingers on the infant's breastbone just below the nipple line.
- 3 Repeat 5 back blows and 5 chest thrusts .
- 4 Continue until object is expelled or child becomes unconscious.



If the infant becomes unconscious place him or her on a firm flat surface and send for medical help

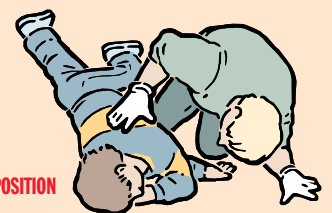
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- 2 Open the airway and check breathing. If not breathing...
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- 4 Begin CPR. Give 30 compressions.
- 5 Each time you finish 30 compressions, look in mouth before giving a breath.



### Unconsciousness

Get medical help. Make certain child is breathing and then place in the recovery position.

If not breathing begin CPR



### Emergency Numbers

AMBULANCE \_\_\_\_\_

FIRE \_\_\_\_\_

POLICE \_\_\_\_\_

FAMILY DOCTOR \_\_\_\_\_

POISON INFORMATION CENTRE \_\_\_\_\_

**NOTE:** This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.



St. John Ambulance

**SAVING LIVES**  
at work, home and play