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.

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. Place a fist midline against the abdomen.
4. Grasp fist with other hand and press inward and upward forcefully.
5. Continue until object is expelled or child becomes unconscious.

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. Open the airway and check breathing. If not breathing...
5. Give two breaths. If air doesn’t go in the first time, reposition the head and try again.
7. Each time you finish 30 compressions, look in mouth before giving a breath.

Choking (Infant)

If an 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
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.
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
POLICE
FIRE
FAMILY DOCTOR
POISON INFORMATION CENTRE

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