

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, clasp your fist and push with other hand. Push deeply upwards and inwards between their hand and ribs.

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 100-120 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 100-120 PER MINUTE, 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.



WEDGE THE HEEL OF YOUR HAND IN PLACE AND BRACE THE ARM FURTHEST FROM YOU AT A 90-DEGREE ANGLE.



PULL ON THE SHOULDER FURTHER TOWARDS THE RECOVERY POSITION.

6

ASTHMA ATTACKS

Look for any reliever or asthma inhaler.



SET CHILD DOWN AND REASSURE THEM TO KEEP THEM CALM.



ADJUST WITH 1 PUFF OF THE SMALLER EVERY 30-45 UP TO THE CHILD'S USUAL DOSE.



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

Ilene Rosoff



First Aid Manual For Kids:

The Handy Answer Book for Kids (and Parents) Gina Misiroglu, 2009-10-01 Kids ask the darndest things and here are the answers all in one helpful book Anyone who has ever been a kid raised a kid or spent any time with kids knows that asking questions is a critical part of being a kid Kids have curious minds and they come up with some very interesting questions Why do dogs bark Why is the sky blue Why do people have to grow old Questions like these are how kids find out about the world and these questions deserve answers But the truth is adults don't always know the answers The Handy Answer Book for Kids and Parents comes to the rescue Written with a child's imagination in mind this easy to understand book is a launching pad for curious young minds and a life raft for parents at wits end It addresses nearly 800 queries with enough depth and detail to both satisfy the curiosity of persistent young inquisitors and provide parents with a secure sense of a job well done It'll equip every parent for those difficult absurd or sometimes funny questions from their kids such as Why do people speak different languages Why do I cry How can fish breathe underwater Can people who die see and talk with living people after they are gone Why do women in some countries wear veils How did my life begin How does a vacuum cleaner pick up dirt How does my body know to wake up when morning comes With numerous photos and illustrations this tome is richly illustrated and its helpful bibliography and extensive index add to its usefulness A launching pad for inquisitive young minds and a life raft for parents who are at their wits end The Handy Answer Book for Kids and Parents is a book that every parent needs and every kid will covet

First Aid Fast for Babies and Children DK, 2017-06-20 Do you know what to do if your baby or child falls and cuts their arm Are you confident to identify when an illness is serious First Aid Fast for Babies and Children is a step by step guide that helps you treat babies and children for more than 100 conditions and injuries This book guides you through essential initial care that can prove tremendously important to preserve life and improve the recovery process The detailed guidelines are accompanied by step by step images for clear easy to follow instructions From first aid for cuts and bruises to treating a child who is unresponsive this book covers all emergency situations that you may face Clear symbols highlight key areas and draw your attention to areas of concern The cross reference boxes on a page take you to associated information regarding the injuries This clear and informative guide is ideal for parents teachers and primary caregivers to help deal with emergencies Look after your little people keep First Aid Fast for Babies and Children handy

The Kids' Guide to First Aid Karen Buhler Gale, 2002-01 A first aid handbook with instructions on how to handle safely life's ouches and how and when to get help for more serious situations is perfect for older siblings babysitters Scouts junior counselors and lifeguards Original

Penny Whistle Traveling-with-Kids Book Meredith Brokaw, Annie Gilbar, Jill Weber, 1995-04-01 Make every Trip an Adventure with Penny Whistle They say getting there is half the fun but all too often the stress of being away from home and the frustration of being confined in a car plane train hotel room or even someone else's home combine to turn a simple trip into a painful experience for parents and kids But with The Penny Whistle

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Home Education Masterclass: Health and Wellness Education for Kids Nicole Young, In the vibrant world of homeschooling where you are the architect of your child s education it is crucial to recognize the holistic nature of learning This book Home Education Masterclass Health and Wellness Education for Kids acknowledges that true education extends beyond textbooks and worksheets it encompasses the physical mental and emotional well being of your child This comprehensive guide equips you the dedicated homeschooling parent with the knowledge and resources to nurture your child s health journey effectively We delve into key areas of child development including nutrition providing insights into balanced diets the importance of diverse food groups and practical meal planning tips tailored for children We explore the significance of regular exercise suggesting fun physical activities suited for various ages and abilities thereby promoting both physical fitness and joyful movement Furthermore the crucial aspects of hygiene emotional intelligence and stress management are meticulously addressed We empower you with effective strategies to cultivate emotional awareness resilience and positive self image in your child This book aims to be more than just a curriculum it is your companion providing support and guidance as you integrate these vital elements into your home education The approach is practical engaging and designed to cater to diverse learning styles using real life examples storytelling and hands on activities to create a positive and effective learning experience for both you and your children We aim to equip you with the confidence and tools to not only impart knowledge but also to cultivate lifelong habits that contribute to your child s overall well being and success Remember nurturing a healthy mind and body is an investment in a brighter future

First Aid Fast for Babies and Children DK,2017-06-20 Do you know what to do if your baby or child falls and cuts their arm Are you confident to identify when an illness is serious First Aid Fast for Babies and Children is a step by step guide that helps you treat babies and children for more than 100 conditions and injuries This book guides you through essential initial care that can prove tremendously important to preserve life and improve the recovery process The detailed guidelines are accompanied by step by step images for clear easy to follow instructions From first aid for cuts and bruises to treating a child who is unresponsive this book covers all emergency situations that you may face Clear symbols highlight key areas and draw your attention to areas of concern The cross reference boxes on a page take you to associated information regarding the injuries This clear and informative guide is ideal for parents teachers and primary caregivers to help deal with emergencies Look after your little people keep First Aid Fast for Babies and Children handy

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on Children's Software ,1999 **First Aid Handbook** Anita Kerwin-Nye,2004 Backpacker ,1995 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **The Alchemy of Illness** Kat Duff,1993 Illness is a universal experience There is no privilege that can make us immune to its touch We are taught to assume health illnesses being just temporary breakdowns in the well oiled machinery of the body But illness has its own geography its own laws and commandments At a time when the attention of the whole nation is focused on health care Kat Duff inquires into the nature and function of illness itself Duff a counselor in private practice in Taos New Mexico wrote this book out of her experience with chronic fatigue syndrome but what she has to say is applicable to every illness and every one of us For those who are sick this book offers solace and recognition For those who care for them either physically or emotionally it offers inspiration and compassion Finally this fresh perspective on healing reveals how every illness is a crucible that tries our mettle tests our limits and provides us with an unparalleled opportunity to integrate its lessons into our lives *The Complete Sourcebook on Children's Software* Children's Software Review,2001-03 5000 critical reviews of CDs videogames smart toys for ages 1 to 16 **First Aid for Families** American Academy of Pediatrics (AAP),,Aap,2011-03-07 The ability to provide basic care for an injured or ill child is essential information that every parent or guardian should have In most cases situations that require first aid are not life threatening and can be managed with simple comprehensive procedures **A Guide for the Parents of Horse-Crazy Kids** Frances Wilbur,Hilda Gurney,1990 First Aid for Kids Craig L Baldwin,2024-07-12 Imagine a moment when every second counts and you hold the power to save a child s life First Aid for Kids is your essential guide to being prepared for any pediatric emergency Did you know that 60% of accidents involving children happen at home and most parents and caregivers are not adequately trained to handle them According to the CDC unintentional injuries are the leading cause of death in children under 14 First Aid for Kids can change those numbers by equipping you with the knowledge you need **When Life Sucks** Dr Jo Prendergast,2023-09-01 A first aid manual for supporting your teen s mental health by psychiatrist and comedian Dr Jo Prendergast When Life Sucks is an essential guide to supporting your teen s mental health As a parent and psychiatrist Dr Jo knows how hard it can be especially if a teen communicates only in eye rolls and grunts Covering everything from anxiety depression trauma and eating difficulties to understanding neurodivergence and gender identity this book is a first aid manual for some of life s toughest challenges It s not easy being a parent in a world of TikTok and bubblegum flavoured vapes but When Life Sucks gives you the practical tools to help make your life a little lighter and to support your teen towards a healthy headspace *The WomanSource Catalog & Review* Ilene Rosoff,1995 **Outdoor**

Adventures with Kids Mary Mapes McConnell,1996 Introducing a child to the exciting world of nature is one of the greatest gifts a parent can give Challenging outdoor activities such as backpacking biking or canoeing can help children develop the self confidence and self esteem they need to become successful caring adults This guide is packed with useful information on camping enjoying nature without harming it taking advantage of special wilderness opportunities and more

The Penny Whistle Traveling with Kids Book Meredith Brokaw,Annie Gilbar,1995 Offers advice on planning a family vacation and suggests travel activities and games

A Life. A Finger. A Pea Up a Nose Sarah Hunstead,2017-09-01
Based on the enormously popular CPR Kids First Aid program which has empowered thousands of families around Australia From resuscitation broken bones choking and drowning to allergies breathing problems and everything in between this essential guide equips parents with skills to help your precious little ones safely and effectively in the event of a medical emergency Easy to follow step by step advice nurse and parent tested methods and clear illustrations will show you how to assess a situation and stay calm treat an injury in a child friendly way recognise warning signs that show your child has a serious illness know when to get help and make your home child safe The information in this book is a trusted compilation of best practices from Australia s peak clinical bodies including the Australian Resuscitation Council ASICA Australian Venom Research Unit and valuable case studies from Australian parents Every home must have this book Maggie Dent parenting author educator speaker

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