

# FIRST AID FOR EMERGENCIES

## INFANTS AND CHILDREN

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

- Take charge
- Call out for help
- Assess hazards and make the area safe
- Find out what happened
- Identify yourself and offer to help
- If head or spinal injuries are suspected, support the head and neck
- Assess responsiveness
- Send or go for medical help and an AED

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.

### 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. Support the child's upper body and help her lean forward.
2. Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
3. If the obstruction is not cleared, stand behind the child.
4. Place your fist midline just above the belly button.
5. Grasp fist with other hand and press inward and upward forcefully 5 times
6. Continue back blows and abdominal thrusts until object is expelled or child becomes unconscious.



SHARP BACK BLOWS

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

1. Begin compressions immediately.
2. After the first 30 compressions, check the mouth.
3. Remove the foreign object if you see it.
4. Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.



ABDOMINAL THRUSTS

### Bleeding (Child)

To control severe bleeding

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



**CONTROL BLEEDING IMMEDIATELY**

### Cardiopulmonary Resuscitation (CPR)

1. Make sure casualty is on a firm flat surface.
2. For a child, place hands on centre of chest
3. Position shoulders directly over hands and keep elbows locked.
4. Make a tight seal over mouth and nose of an infant (under 1 year). Pinch the nose of a child (1-8 years) and make a tight seal over the mouth.
5. Give 2 breaths.
6. Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.



PLACE HANDS ON CENTRE OF CHEST  
PRESS DOWN FIRMLY 30 TIMES,  
PUSH HARD - PUSH FAST



TILT HEAD BACK AND  
BREATHE INTO CASUALTY  
TWICE



CONTINUE CPR  
UNTIL HELP ARRIVES  
OR AN AED IS AVAILABLE

If you are untrained or are unsure of your skills – don't give up. Give compression only CPR – pushing hard and fast at a rate of at least 100 times each minute.

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.



PLACE 2 FINGERTIPS ON THE INFANT'S  
BREASTBONE JUST BELOW THE NIPPLES



PRESS DOWN FIRMLY 30 TIMES, THEN GIVE 2 BREATHS  
REPEAT UNTIL HELP ARRIVES

