

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 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.

▶ **Cardiopulmonary Resuscitation (CPR)**

Check breathing. If the casualty is not breathing begin 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 Compress 30 times. Push hard - Push fast.
- 5 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.
- 6 Give 2 breaths.
- 7 Continue cycles of 30 compressions and 2 breaths 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.



▶ **Bleeding** To control severe bleeding

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



▶ **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.



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.

▶ **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 and an AED.

- 1 Begin compressions immediately using 2 fingertips.
- 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.



▶ **Unconsciousness**

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

If not breathing begin CPR.

RECOVERY POSITION



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 steps do not take the place of first aid training.



St. John Ambulance
SAVING LIVES
at work, home and play

The Parents Guide To Emergency First Aid

American Academy of Pediatrics (AAP)

The Parents Guide To Emergency First Aid:

The Parent's Guide to Emergency First Aid W. Oriordan,1983-01-01 Identifies the symptoms of serious medical emergencies gives advice on accident prevention and demonstrates basic lifesaving techniques **The Parent's Guide to Emergency First Aid** William D. O'Riordan,1983 *A Parent's Guide to Childhood Emergencies* Lisa J. Bain,1993 Unique in that it is written in conjunction with a hospital and its doctors this comprehensive guide focuses not only on preventing trips to the emergency room but also on how to deal with injuries or illnesses as they occur including recognizing when professional help is needed and how to cope with pain Illustrated throughout *First Aid for Families* American Academy of Pediatrics (AAP),2011-03-07 *A Parent's Guide to Medical Emergencies* Janet Zand,Rachel Walton,Bob Rountree,1997 Divided into three parts this comprehensive easy to follow guide begins with basic safety guidelines in Part One As accidents are the leading cause of injury among young children checklists for every area in and around your home are provided to prevent common mishaps Suggestions such as maintaining a well stocked home health kit posting emergency telephone numbers and appointing a designated surrogate are offered to help you act quickly and effectively in a crisis situation Part Two presents illustrated easy to follow basic life saving techniques and procedures This practical section provides steps for initiating cardiopulmonary resuscitation CPR guidelines for performing first aid for choking techniques for immobilizing broken bones and more Part Three includes an A to Z listing of the most common emergency situations Each entry begins with an explanation of the problem followed by an emergency treatment procedure For cases in which an emergency situation may not be obvious such as bouts of excessive nausea or diarrhea information on when to call the doctor is provided Depending on the nature of the emergency many entries also include prevention tips and general recommendations that include follow up care While no parent can avoid all emergency situations it is reassuring that you can do much to safeguard your child and to act swiftly and effectively should an emergency occur Timely clear concise and packed with life saving information *A Parent's Guide to Medical Emergencies* is a must for any responsible person who cares for a child on a regular basis **A Parent's Guide to First Aid** Roxanne Nelson,2002 This on the spot and easy to use reference helps parents and caregivers often the first people on the scene when something happens to a child deal safely and confidently with the most common mishaps that befall children The basics of emergency procedures such as cardiopulmonary resuscitation and the Heimlich maneuver are demonstrated An A to Z listing of the most common situations requiring immediate care is provided cross referenced to help parents find the right information quickly Instructions for preparing a first aid kit are included along with general pointers on prevention and safe travel with kids *The Parent's Guide to Homeopathy* Shelley Keneipp,2015-07-14 This book is the most comprehensive and easy to use guide available for parents who want to use homeopathy to treat their children's illnesses safely gently and effectively Practical concise and user friendly *The Parents Guide to Homeopathy* provides homeopathic remedies for more than 150 acute conditions from annoying to threatening that

arise in the everyday lives of kids Instructions on how to observe physical and emotional symptoms in kids from newborns to teens succinct descriptions of gentle safe and nontoxic remedies and sections on winter ailments first aid enhancing healing and travel put a wealth of knowledge at parents fingertips Remedy tables at the back of the book help decipher the correct treatment for each condition Shelley Keneipp shares her wealth of knowledge and many years of experience to provide a clear simple education concerning homeopathic remedies She empowers parents who want to break the habit of relying exclusively on medical expertise and instead to use relatively economical over the counter remedies without worrying about harmful side effects She suggests essential remedies to stock for any household first aid kit provides background on common ailments such as coughs colds fevers and digestive problems and includes eye catching sidebars that alert readers to conditions that demand immediate medical attention Boxed entries clue readers to what symptoms to observe and how to differentiate between similar presentations Taken together these features make this book the gold standard for parents who want apply the gentlest possible cure in the shortest possible time with the fewest reasons for intervention

The Parents' Guide to L.A., 1995 Karin Mani,1994-10 **Current Catalog** National Library of Medicine (U.S.),1983 First multi year cumulation covers six years 1965 70 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1983 Young People's World: Parents' guide and index ,1966 **The Parent's Guide to Reflexology** Kevin Kunz,Barbara Kunz,1996 The authors of three reflexology books show how reflexology can benefit children s health and become a meaningful part of family life Citing numerous case studies from their and other s practice worldwide Kevin and Barbara Kunz introduce parents to the philosophy and techniques of reflexology and teach them how to incorporate the exercises into family life 100 illustrations **The Parents' Guide to Baby & Child Medical Care** Meadowbrook Medical Reference Group,1991 *Subject Guide to Books in Print* ,2001 *The Parents' Guide to the Delaware Valley* Cynthia Roberts,1989 **A Parent's Guide to the Danger Zones** Joy Wilt Berry,Kathy McBride,1985 **The Cumulative Book Index** ,1995 A world list of books in the English language The Parent's Guide to Coaching Hockey Richard Zulewski,1993 Each of these well illustrated handbooks serves as the perfect step by step introductory primer for parents and coaches Written in an easy conversational style these books cover all the basic skill building techniques rules of the game and proper equipment for each sport Special attention is to developing a child s confidence and self esteem American Book Publishing Record ,2007 **The Complete Parents' Guide to Soccer** Gerald R. Fecht,1979

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