

FIRST AID FACT SHEETS:

How to deal with childhood emergencies: some general rules

→ **Stay calm and smile:**

Your child will sense if you panic but will be reassured if you show you are in control and are there to help them

→ **Check your surroundings are safe:**

Don't put you or the child at risk

→ **Reassure the child and keep them warm**

→ **A cuddle and a kiss can work wonders too!**

→ **Try to avoid children seeing blood:**

The sooner a child's got a plaster on, the better they'll feel

→ **Prevent infection:**

If possible wash your hands before applying dressings or wear disposable gloves.

→ **Be prepared:**

Ensure you have a well stocked first-aid kit and replace anything you use as soon as possible

→ **Recommended contents for a first-aid kit:**

- 10 adhesive plasters in assorted sizes
- Sterile dressings in assorted sizes
- 1 large sterile eye patch
- 2 triangular bandages
- Gauze roller bandages
- Adhesive allergenic tape
- 6 safety pins
- Disposable gloves
- 2 small plastic bags for disposal of used dressings
- Saline solution for washing wounds
- Antiseptic wipes for cleaning wounds
- Round nosed scissors

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→ **Remember Dr ABC:**

Danger – assess if either the child or you are in danger

Response – ascertain if the child is responsive

Airway – check to ensure airway is open

Breathing – once the airway is open ensure they are breathing

Circulation – check there are no major injuries that could cause blood loss

→ **If you're in doubt ask for medical help. In these incidences you must visit A&E or call an ambulance:**

- Unconsciousness
- Breathing problems
- A deep wound or one with something embedded in it
- A cut which oozes pus
- A severe burn
- A suspected fracture or broken bone
- A severe allergic reaction
- A snake or animal bite
- Poisoning
- Severe shock
- A nosebleed or bruise following a head injury
- Any condition which turns rapidly worse

→ **Do:**

- Stay with the child and get someone to call for help
- Stay calm
- Tell medical professionals everything you can

→ **Don't:**

- Don't move the child if there's any chance they've hurt their back or neck
- Do not give them anything to eat or drink in case they need surgery