



# First Aid for Children

**DO NOT USE THE TECHNIQUES ON THIS POSTER ON INFANTS UNDER 1-YEAR-OLD.**

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.



[www.medianadefib.co.uk/lyreco](http://www.medianadefib.co.uk/lyreco)

## 1

### CHOKING

**IMMEDIATELY CALL 999 OR 112 IF THESE STEPS DO NOT WORK.** If at ANY point the casualty becomes unconscious, go to step 3. 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 >



**ENCOURAGE COUGHING**  
If the child is coughing loudly, there is no need to do anything. If coughing is ineffective >



**5 BLOWS TO BACK**  
Lean the child over your thighs. Slap firmly between their shoulder blades. If ineffective >



**5 ABDOMINAL THRUSTS**  
From behind, clench your fist and hold with other hand. Pull sharply inwards and upwards between their navel and ribs.

## 2

### UNRESPONSIVE 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 find an AED, while you give First Aid.



**CHECK IF THEIR AIRWAY IS CLEAR**  
If it is clear, tilt the head back.



**IF THEY ARE BREATHING,** go to step 5.  
**IF THEY ARE NOT,** go to step 3.

## 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 at a rate 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 ratio of 30:2 until the arrival of an AED or ambulance.

## 4

### USE AN AED

**ENSURE THE DEFIBRILLATOR IS FOR PAEDIATRIC USE.** Remove all clothing from the casualty's chest. Ensure the chest is dry and remove any metal jewellery.



**TURN AED ON AND PLACE PADS AS ILLUSTRATED ON THE PAD'S DIAGRAMS.**



**DO NOT TOUCH THE CASUALTY WHILE THE AED ANALYSES.**



**STAND CLEAR AND PRESS THE SHOCK BUTTON WHEN INSTRUCTED BY THE AED.**



**RECOMMENCE CPR AT (30:2) RATIO UNTIL 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 ARM NEAREST TO YOU AT A RIGHT ANGLE.**



**PULL THE OTHER ARM ACROSS THE CHEST, PLACING THE HAND AGAINST THEIR CHEEK.**



**HOLD THE HAND IN PLACE AND BEND THE KNEE FURTHEST FROM YOU AT A RIGHT ANGLE.**



**PULL ON THE KNEE TO PIVOT THE CASUALTY ONTO THEIR SIDE AND MONITOR THEM.**

## 6

### ASTHMA ATTACKS

Look for any wheezing or difficulty breathing.



**A SIT CHILD DOWN AND REASSURE THEM TO KEEP THEM CALM.**



**B ASSIST WITH 1 PUFF OF THE INHALER EVERY MINUTE UP TO THE CHILD'S USUAL DOSE.**



**C CALL 999 OR 112 IF THE SYMPTOMS DO NOT IMPROVE.**



**D IF THE AMBULANCE TAKES MORE THAN 15 MINUTES TO ARRIVE, REPEAT STEP B.**