



Emergency Paediatric First Aid Booklet

April 2020



non breathing casualty - CHILD

The following procedures are in line with the Covid-19 outbreak updated procedures

1. Check the scene for DANGER



3. If not call 999 for help, place your phone on speaker phone and listen to the instructions given



2. Is your casualty RESPONDING? Blinking, talking, moving?

4. Look, listen and feel for at least 3 normal, quiet and rhythmical breaths. If not - **begin CPR** **immediately.**

5. i) Begin CPR by opening the AIRWAY

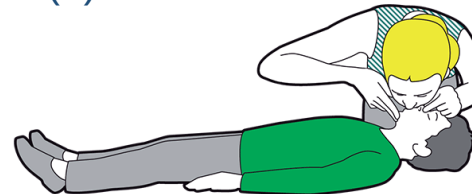
ii) give 5 rescue breaths

iii) followed by 30 chest compressions with your hand/hands in the centre of the chest push 1/3 the depth at a rate of 2 compressions per second. (100-120 per minute) until professional help arrives.

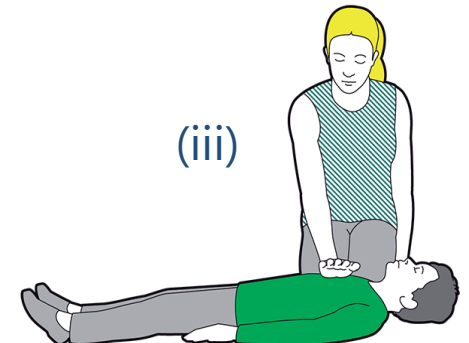
(i)



(ii)



(iii)



non breathing casualty - **BABY** (0-12 months)

The following procedures are in line with the Covid-19 outbreak updated procedures

1. Check the scene for DANGER

3. If not call 999 for help, place your phone on speaker phone and listen to the instructions given

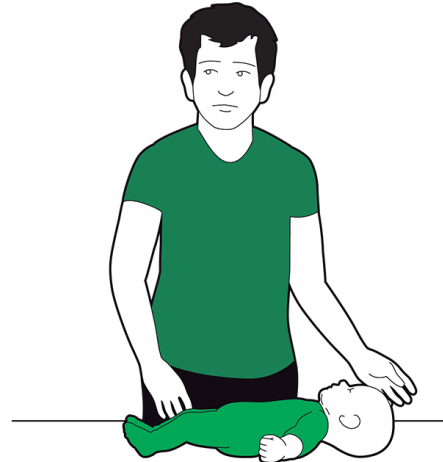
5. i) Begin CPR by opening the AIRWAY

ii) give 5 rescue breaths

iii) followed by 30 chest compressions with two fingers in the centre of the chest push 1/3 the depth at a rate of 2 compressions per second. (100-120 per minute) until professional help arrives.

2. Is your casualty RESPONDING? Blinking, making noise, moving?

4. Look, listen and feel for at least 5 normal, quiet and rhythmical breaths. If not - **begin CPR immediately**



(i)



(ii)



(iii)



A choking child may look distressed/ eyes watering/ getting pale or going blue.

1. Ask the casualty to COUGH if old enough to understand. If no noise call 999 or ask a bystander to do so.
2. If there is no noise quickly stand to the side of the casualty. Lean them forward and support them across the chest and shoulders with your arm.
3. If they are not able to stand lay them across your knee.



4. Back Blows

4. Perform up to 5 back blows right between the shoulder blades with the heel of your hand. (shown in left image)

5. If this does not work tell the casualty to lean forward and stand behind them.

6. Place a fist just under the rib cage and grasp with the other hand in the soft tummy and perform up to 5 sharp inwards and upwards pulls or abdominal thrusts. (shown in right image)



6. Abdominal Thrusts

7. If you have not been successful, continue with up to 5 more back slaps and up to 5 abdominal thrusts - repeat in cycles.

8. If your casualty becomes unconscious on the floor roll them onto their back.

The latest resus council video on CPR during the Covis-19 outbreak can be seen here -
<https://youtu.be/f4ZI1PAsmks>

It requires you to NOT perform mouth to mouth to your casualty, however doing so greatly increases their chances of living. **Call 999 and place the phone on loud speaker and listen to the instructions.**

9. Place a tea towel gently over the casualties mouth and nose and begin chest compressions immediately.

10. The depth of compression is 1/3 of the chest and the rate is 2 compressions per second (100-120 per min).

11. You can use two hands or one depending on the size of your child.

12. Continue with the compressions until professional help arrives and tells you to stop.

A choking baby may be silent and turning blue.

1. Call 999 - place your phone on speaker phone and follow the instructions.
2. Begin by performing up to 5 back blows right between the shoulder blades with the heel of your hand. (shown in below left image). Make sure you support the head.
3. If this is not successful turn them over and give them up to 5 chest thrusts (the same as baby CPR).
4. Continue this pattern of back slaps and chest thrusts.
5. If the baby becomes floppy and blue they are unconscious. Place them on a hard surface and **begin CPR immediately**. (See Non breathing Child and Baby guidance). During the Covid-19 outbreak the recommendation is to not perform mouth to mouth - however the chance of transmission from a baby is very small.



2. Back Blows



3. Chest Thrusts





minor wounds/bleeding

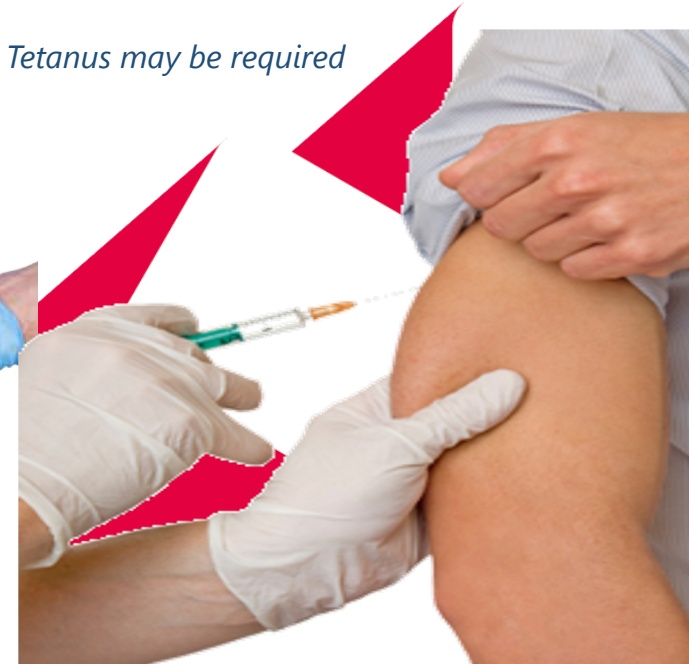


TREATMENT-

1. Sit or lay the person down
2. Examine the wound, do not remove embedded objects
Clean with water if necessary
- 3 If bleeding apply pressure – up to 10 minutes- either side of an embedded object, do not press the object
- 4 Dress and bandage seek advise about Tetanus



Tetanus may be required



Signs and Symptoms of fractures, sprains and strains -

- Pain
- Loss of power/use
- Swelling
- Deformity
- Crepitus (bones heard rubbing)
- Bruising
- Protruding bone
- Possible numbness/ tingling/ loss of sensation



Closed Fracture

Treatment

- R** Rest (immobilise)
- I** Ice (cold compress)
- C** Compression (bandage)
- E** Elevation



Immediate Treatment –

Stop the burning process as soon as possible.

1. Cool the burn with cool running water for 20 mins as soon as possible after the injury. Never use ice or iced water
2. Remove jewellery/watches/loose clothing near the area of the burn – *do not try to remove anything that is stuck to the burnt skin.*
3. Cover the burn with cling film. Put the cling film in a layer over the burn.



"A seizure is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements or feelings, and in levels of consciousness"

- A** Assess Danger – are they
- C** Cushion Head (not a pillow)
- T** Time - (5 mins)/Known?
- I** ID - their medical history may be needed
- O** Over - Recovery Position
- N** Never Restrain

Call 999 for emergency help if a seizure lasts longer than 5 mins or the person does not start to breath again normally after the seizure has passed. If this happens - open the airway and listen for normal breathing. If the casualty if not breathing normally begin CPR immediately.



A FEBRILE SEIZURE happens to a baby caused by a HIGH temperature (sickness or too hot) remove excessive clothing, open a window, do not hold or restrain. Protect their head. Call 999 and begin CPR if they do not begin to breath normally once the seizure is over.

RED FLAG early warning signs:

- Cold hands and feet
- Headache
- Abnormal skin colour (pallor or mottling)
- Rash that won't fade with pressure
- High temperature/ vomiting
- Drowsiness/ loss of consciousness.
- Stiff neck (rare)
- Dislike of bright lights (rare)

Anyone can contract Meningitis.
Early diagnosis is critical.

If you suspect Meningitis, get it checked. Call 999 for emergency help and tell the ambulance dispatcher you suspect Meningitis.

“Meningitis is an infection of the membranes which surround the brain”.

Headache



meningitis

Mottling



A rash that won't fade with pressure from a glass

“Sepsis, also known as blood poisoning, is the immune system’s overreaction to an infection or injury”.

HOW TO SPOT SEPSIS IN CHILDREN

If a child has either a fever or very low temperature (or has had a fever in the last 24 hours), call 999 and say you suspect sepsis.

A child may have sepsis if he or she:

- Is breathing very fast
- Has a ‘fit’ or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

A child under 5 may have sepsis if he or she:

- Is not feeding
- Is vomiting repeatedly
- Has not passed urine for 12 hours

**For more information please
visit www.sepsistrust.org**



Thank you

For any further enquiries about any information in this booklet or for upcoming course details, please contact:

training@jigsawmedical.com

01829 732615

