

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

Guide To First Aid And Emergency Care

**Clifton Castleman, Phil Gardner
II, Jennifer Kay**



Guide To First Aid And Emergency Care:

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