

CPR for Babies (under 1)

- 1. Ensure the area is safe:**
Check for any hazards such as oncoming traffic or electrical equipment.
- 2. Check your Child's Responsiveness:**
Gently tap your child's shoulder and loudly ask if they are alright or say their name.

Babies under 1

- 1.** Put your mouth over their mouth and nose.
- 2.** Give 5 breaths the 30 pumps to the centre of their chest using 2 fingers.

- 3.** Give 2 more breaths over the nose and mouth and 30 more pumps to the chest Repeat these steps until the ambulance arrives.

CPR for Toddlers (over 1)

- 3. If your child doesn't respond...**
Shout for someone to call an ambulance or do so yourself and carefully turn the child onto their back.
- 4. Check for breathing**
Tilt head back to open air-way, look for chest movements, listen for sound and see if you can feel their breath on your cheek. If they're not breathing start CPR.

Children over 1

- 1.** Put your mouth over their mouth and give 5 initial rescue breaths.
- 2.** Place the heel of one hand towards their breast bone in the centre of their chest and perform 30 chest compressions.

- 3.** Follow this with a sequence of 2 rescue breaths and 30 chest compressions until an ambulance arrives.

Choking Action for Babies

5 Back Blows:

Hold the baby face down along your thigh so their head is lower than their bottom, give 5 firm back blows between the shoulder blades.

If this doesn't dislodge the obstruction

5 Chest Thrusts:

Turn the baby over so they are facing upwards. Place two fingers in the middle of their chest Push sharply downwards up to five times.

Toddlers should be encouraged to cough before back blows are started. If unsuccessful, start the process below.

5 Back Blows:

Lay the child face down on your lap and give 5 firm back blows between their shoulders, if this position isn't possible, support the child in a forward leaning position and give the same back blows.

If this doesn't dislodge the obstruction

5 Abdominal Thrusts:

Stand or kneel behind your child. Place your arms under the child's arms and around their upper abdomen. Clench your fist and place it between the belly button and ribs. Grasp this hand with your other hand and pull sharply inwards and upwards. Repeat up to 5 times.

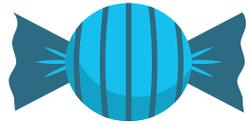
Choking Action for Toddlers

If this still doesn't clear the blockage **call 999** and continue with a sequence of back blows and chest/abdominal thrusts until the paramedics arrive.

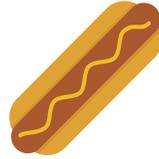
Choking Hazards



Whole Grapes



Boiled Sweets



Hot Dogs



Chewing Gum



Popcorn



Bottle Lids



Coins

Did You Know?

1.

0-4-year-olds have the most accidents at home.

2.

Boys are more likely to have accidents than girls.

3.

Children can drown in less than 3cm of water.

4.

The largest number of accidents happen in the living/dining room.

5.

Every year over 76,000 children under the age of 14 are admitted for treatment due to an accident, of which over 40% are under 5 years of age.



A QUICK GUIDE TO CHILD'S SAFETY



For child safety statistics and more safety tips visit:
www.kiddicaru.com

Each Kiddi Caru nursery is designed to make sure the care, play and learning environment for your baby or child is exceptional.

Your child's safety is our top priority, that is why every nursery includes safety and security features and protocols.



Mini First Aid offers a range of classes across the UK for all the family; parents, grandparents, carers and for children as young as three years old, training them in basic and life-saving first aid.

www.minifirstaid.co.uk

Treating Burns

1.

Move your child somewhere safe to eliminate the risk of additional/severe burns.



2.

Start cooling the burn as quickly as possible. Run it under cool water for 10 minutes but preferably 20 (Don't use ice, creams or gels).



3.

Call 999 or 112 for emergency medical help.



4.

Remove any clothing near the burn (unless it is stuck to it).



5.

Cover the burned area with kitchen cling film or another clean, non-fluffy material. This will protect from infection.

