



CYMORTH CYNTAF PLENTYN A BABANOD

CHILD AND INFANT FIRST AID

Our aim is to save lives and enhance the health and well-being in the communities of Wales

St John Ambulance Cymru is the country's leading first aid charity. It is our vision to provide first aid for everyone – anytime, anywhere. For more information call us on 03456 785646 or email our team at training@sjacymru.org.uk.

Choking

Infant (Zero to one year)

1. Lay the infant face down on your thigh while supporting their head. Give the infant up to five back blows.
2. Turn the infant over so they are lying on your other thigh and check their mouth for obvious obstructions (do not sweep blindly with your finger). If choking persists go to step 3.
3. Give up to five chest thrusts*. Place two fingers on the breastbone, one finger's breadth below the nipple line, and push with a downwards motion. If you have cleared the object stop before you reach five.
4. Check the mouth.
5. If the obstruction still hasn't cleared dial 999 or 112 for emergency help. Take the infant with you if necessary.
6. Continue the cycles of back blows and chest thrusts while waiting for help to arrive or the infant becomes unresponsive.
7. If the infant becomes unresponsive at any point during the procedure, perform CPR for one minute then dial 999 or 112 for an ambulance; take the infant with you while you do this.

***Chest thrusts should be applied in a downwards motion not inwards and downwards as previously stated.**

Call 999/112 after the first cycle of back blows and abdominal thrusts.



Back blows



Check mouth



Chest thrusts

Child (One year and over)

1. Ask the casualty, 'Are you choking?'
2. Encourage the casualty to cough.
3. If they cannot clear the object themselves, or they cannot cough or breathe, support them with one hand while leaning them forward. Give up to five back blows between their shoulder blades. Visually check the casualty's mouth and remove any obstruction with your fingertips (do not sweep blindly with your finger). If choking persists, go to step 4.
4. Give up to five abdominal thrusts. Stand behind the casualty and link your hands below their rib cage. Pull sharply inwards and upwards. Check their mouth.
5. If the obstruction still hasn't cleared dial 999 or 112 for emergency help continue the cycles of back blows and chest thrusts while waiting for help to arrive or the casualty becomes unresponsive.
6. If the casualty becomes unresponsive at any point during the procedure, open their airway and check their breathing:
 - If the casualty **is** breathing, place them in the recovery position.
 - If the casualty **is not** breathing, perform CPR.

Call 999/112 after the first cycle of back blows and abdominal thrusts.



Back blows



Abdominal thrusts

Fever



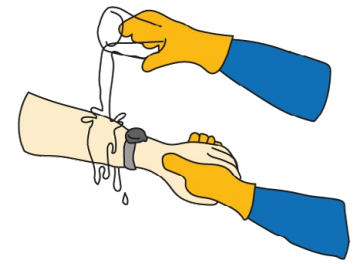
A sustained body temperature above 37° is known as a fever. Over 39° is a severe fever.

1. Keep casualty cool and comfortable, ideally in bed with a light cover.
2. Give plenty of cool drinks to replace body fluids lost through sweating.
3. If the infant/child is distressed or unwell, give the recommended dose of paracetamol syrup (**not aspirin**).
4. Watch out for the following warning signs:
 - Rash
 - Vomiting
 - Irregular breathing
 - Whimpering cry
 - Eyes become sensitive to light

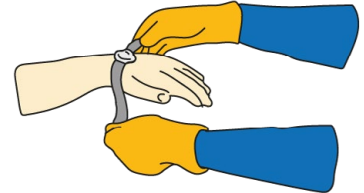
If any of these symptoms are present seek urgent medical attention.

Burns and scalds

1. Cool immediately by holding under cold water for at least 20 minutes. If water is not available, any cold, harmless liquid, such as milk or canned drinks, can be used.
2. Gently remove any constricting clothing or jewellery before the injured area begins to swell. **do not** remove clothing if it has stuck to the burn.
3. Once cool, cover the burn with kitchen film or place a clean plastic bag over a foot or hand. Apply lengthways not around the limb because the injured area may swell. If you do not have kitchen film use a sterile dressing or a non-fluffy pad and bandage.
4. Do not touch or otherwise interfere with the burn. Do **not** apply creams, oils, plasters or pop blisters. Reassure the infant/child throughout.
5. All burns to babies and toddlers should be checked by a doctor.



Cool immediately



Remove jewellery and constricting clothing



Wrap with cling film or sterile dressing

Non-breathing casualty

Infant (Zero to one year)

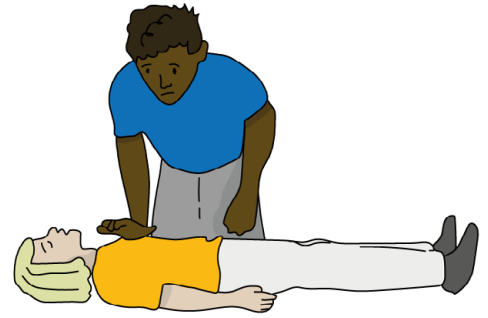
1. Lay the infant on their back on a flat firm surface. Open the airway. Place one hand on the infant's forehead and gently tilt the head back. Place one fingertip of your other hand on the point of the infant's chin. Gently lift.
2. If there is a bystander ask them to call for an ambulance. If on your own perform CPR for one minute before calling 999. Give up to five initial rescue breaths. Place your mouth over the infant's mouth and nose. Blow steadily through the mouth and nose until the chest rises. When performing CPR on an infant, if you cannot make an airtight seal around the mouth and nose when performing rescue breaths, close the infant's mouth and make a seal around the nose only. Blow gently and steadily into the infant's nose for one second.
3. Give 30 chest compressions. Place two fingertips on the centre of the infant's chest and press down to about a third of the chest depth.
4. Do this at a rate of 100 - 120 compressions per minute.
5. Give two rescue breaths. Continue 30 compressions followed by two rescue breaths until the emergency services arrive, the infant starts to breathe or you become exhausted.



Two finger method for babies

Child (One year and over)

1. Lay the child on their back on a flat firm surface. Open the airway. Place one hand on the child's forehead and gently tilt the head back. Place two fingers of your other hand on the point of the child's chin. Gently lift.
2. If there is a bystander ask them to call for an ambulance. If on your own perform CPR for one minute before calling 999. Give up to five initial rescue breaths. (Pinch the nose and blow steadily in to the mouth until the chest rises.)
3. Give 30 chest compressions. Place one hand on the centre of the child's chest and press down to about a third of the chest depth.
4. Do this at a rate of 100- 120 compressions per minute.
5. Give two rescue breaths. Continue 30 compressions followed by two rescue breaths until the emergency services arrive, the child starts to breathe or you become exhausted.



One-handed method for children

Poisoning

1. Reassure infant/child and try to find out what has poisoned them, how much they have taken and when.
2. Allow the infant/child to rest.
3. A Dial 999 for an ambulance.
4. Do **not** make the infant/child sick.
5. If the infant/child's lips are burning and they are conscious, give sips of milk or water.



Head injuries

Apply a cold compress for no more than 20mins to help reduce swelling and pain. All head injuries are potentially serious. Look out for the following warning signs:

- Dizziness
- Vomiting
- Having a seizure
- Loss of consciousness
- Whimpering cry
- Headache (baby may hold ears)
- Noisy, slow breathing



Make sure an adult stays with the child for at least the first 24 hours. If they display any of these symptoms you should lay them down and seek medical attention.