

SOCIAL DISTANCING FIRST AID



In the time of social distancing, a visit to a doctor or the hospital isn't something that you would want to do unless there was another alternative. The aim of this poster is to help you decide which injuries can be safely treated at home, and when you need to seek immediate medical attention. Keeping a first aid kit at home will make sure that you have everything you need to cover minor injuries. **KEEP SAFE AND REMEMBER TO WASH YOUR HANDS!**

Learn more about first aid with our video online training courses including our free student first aid at www.protrainings.uk/courses

1

CHOKING >1 YEARS OLD

FOLLOW THIS FOR A CHILD WHO IS OVER 1 YEAR OLD.

A choking child won't be able to speak, breathe or cough.



LOOK FOR THE OBJECT

Only try and remove the object if you can see it. If you can't remove the object >



5 BLOWS TO BACK

Lean the child over your thighs. Slap firmly between their shoulder blades. If ineffective >



5 ABDOMINAL THRUSTS

From behind, hold the child around the waist and pull inwards and upwards above their belly button. >



CALL FOR HELP

If ineffective, call 999 and repeat steps 2 and 3 until the ambulance arrives.

2

CHOKING <1 YEARS OLD

FOLLOW THIS FOR A CHILD WHO IS UNDER 1 YEAR OLD.

Ensure their head is supported throughout the process.



LOOK FOR THE OBJECT

Only try and remove the object if you can clearly see it. If you can't easily remove the object >



5 BLOWS TO BACK

Hold them along your thigh with their head at the lowest point. Firmly slap between the shoulder blades. If ineffective >



5 CHEST PRESSES

Turn the baby face up and place two fingers in the middle of their chest just below the nipples. Push sharply downwards. >



CALL FOR HELP

If ineffective, call 999 and repeat steps 2 and 3 until the ambulance arrives.

3

BLEEDING

For severely bleeding wounds apply direct pressure to the wound while keeping the wound elevated, and call 999 called as soon as possible. Minor wounds can be treated in the home.



USE GLOVES WHEN TREATING ANY CUTS THAT ARE BLEEDING.



USE A STERILE WIPE OR SOAPY WATER TO WASH THE WOUND IF NEEDED.



APPLY AN ADHESIVE DRESSING AND APPLY PRESSURE IF NEEDED.

NOSE BLEEDS

Seek medical attention if the nose bleed lasts for more than one hour.



NOSE BLEEDS CAN BE TREATED BY PINCHING THE SOFT PART OF THE NOSE AND LEANING FORWARD FOR TEN MINUTES. ASK THE CHILD TO BREATHE THROUGH THEIR MOUTH AND TO SPIT OUT ANY BLOOD.

4

BURN INJURIES

Burns are complex injuries which for babies and children will require medical attention. However, immediate measures taken in the home will help to reduce required treatment:



REMOVE CLOTHING AND JEWELLERY AROUND THE BURN UNLESS IT IS STUCK TO THE SKIN.



COOL THE AFFECTED AREA WITH CLEAN WATER FOR 10 MINUTES OR MORE.



COVER WITH CLING FILM AND SEEK MEDICAL HELP IMMEDIATELY.

5

HEAD INJURIES

A blow to the head is a common type of injury and can be treated at home most of the time.



APPLY A COLD PACK TO THE INJURY WHILE THE CHILD RESTS. NEVER PLACE ICE DIRECTLY ON THE SKIN.

WATCH YOUR CHILD AND IF THEY VOMIT OR BECOME DROWSY, CALL 999 AS THIS COULD MEAN THAT THEY HAVE CONCUSSION.