First Aid @ Home

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What ?

Help given to a sick or injured person until full medical treatment is available.

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What are the benefits of first aid training for parents and carers?

- Being able to start CPR or begin wound management before the Ambulance arrives. This leads to faster treatment of wounds, sprains and other injuries, and can also mean a fast-tracked healing process.
- Understanding hazards and being able to prevent dangerous situations, whether that means reducing the risks of injury around your home or when out with your children (playgrounds, beach, sporting venues).
- Peace of mind knowing that you have equipped yourself with the necessary skills to respond to first aid emergencies that could occur inside or outside your home.
- The ability to keep not only children but your entire family safe.

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Basic First aid for parents, covering common accidents, incidents and illnesses that may occur.

Using videos, directions and examples.

***** <u>Not qualified trainers</u>, this session is intended as an introduction to become aware of the possible hazards and aid parents with first steps of treatment of injuries etc. <u>Always use judgment and seek medical advice if not trained</u> *****

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What are the common accidents and injuries that a first aid training course can prepare parents and carers for?

Children often find themselves victim to several common injuries or medical emergencies. Although common, we believe knowledge of how to respond to them is not so common.

- Choking
- Asthma – Use medical care plan
- Anaphylaxis and allergies
- Fractures, sprains, and strains
- Bites and stings
- https://www.mybeach.com.au/news-events/importance-first-aid-training-for-parents-carers/

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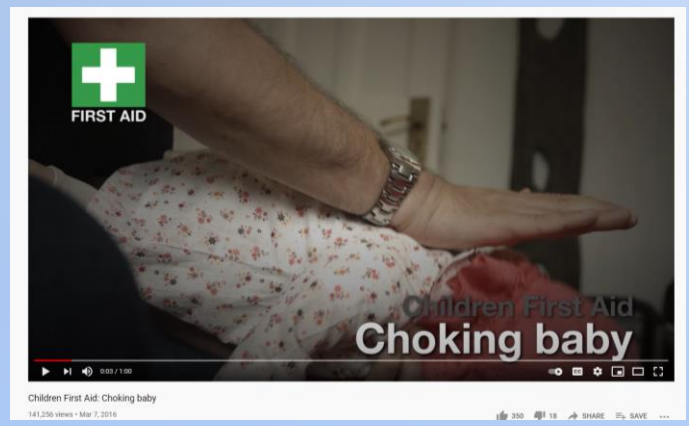
Choking - Baby

https://youtu.be/Lx_AE-UNwmY



- 5 sharp back slaps
- Check mouth
- 5 chest thrusts
- Check mouth
- Repeat x 3
- Call 999
- Continue until dislodged or help arrives

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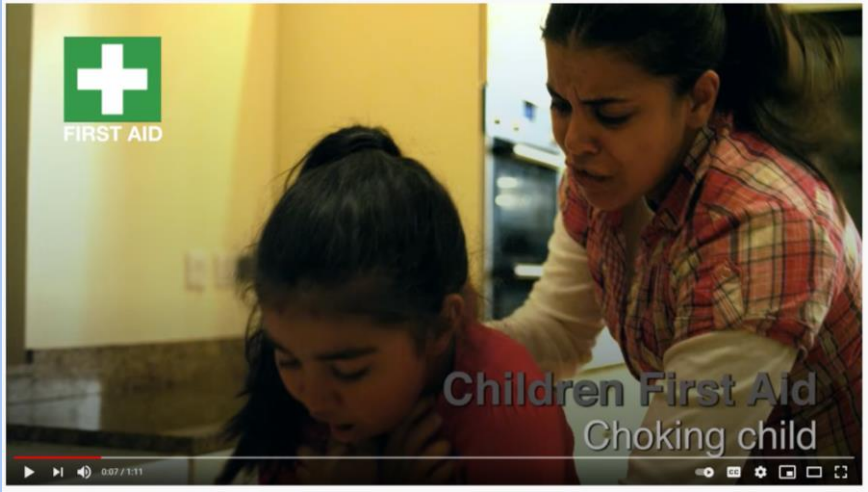
Choking – Child

- https://youtu.be/etyEWWEtbqI



- 5 sharp back slaps
  - Check mouth
  - 5 chest thrusts
  - Check mouth
- 5 abdominal Thrusts
  - Check mouth
    - Repeat x 5
    - Call 999
- Continue until dislodged or help arrives

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Anaphylaxis and Allergies

severe reaction – drug – sting - ingestion

SIGNS AND SYMPTOMS

- Anxiety
- Red blotchy skin
- Swelling
- Puffy eyes
- Wheezing
- Difficulty breathing
- Rapid pulse

TREATMENT

- Call 999
- Assess condition
- Put in recovery position if breathing
- Use action plan/medication if applicable
- Loosen clothing

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Fractures, sprains, and strains

- https://youtu.be/YcK45_xgAks

- https://youtu.be/2v8vlXgGXwE

- If you are unsure if an injury is a fracture, sprain or strain, seek medical advice ASAP.
- For full training on bandaging/strapping/support please book on to an accredited course.

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Bites and stings

Check tetanus or Anti Rabies vaccine

BITES

- Minor – wash with soap and water, rinse for at least 5 minutes, pat dry and cover with plaster.
- Major – apply pressure, lift and support injured part over heart. Cover with sterile dressing and go to hospital.

STINGS

- Remove sting with sterile tweezer/ credit card. Grab sting as close to wound as possible and remove slowly and steadily.
- Cool with cold compress
- Look out for anaphylaxis

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Other household injuries

Burns and scalds

IF UNSURE ALWAYS SEEK MEDICAL ADVICE – THIS IS GENERALLY GUIDANCE ONLY

- Do not remove clothes stuck to a burn
- Do not touch burn or blisters with hands – if chemical burn do not touch child at all until wearing gloves
- Relieve pain by cooling burn with cold water for at least 10 minutes – remove any clothing when possible
- Do not use lotions ointments etc
- Wrap with a clean non fluffy material – sheet, cling film etc (for bandaging techniques enrol on full course)

Call an ambulance or take child to hospital

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Poisonings

- **<u>If you think your child has swallowed anything poisonous to them call a doctor, 111, 999 etc</u>**

- Chemicals, drugs (including medications), alcohol and plants can poison.
- Do not make your child sick – this can be more harmful. If they are sick alert the doctor and show them.
- Clear mouth of any remaining poison
- Wait for assistance and medical guidance

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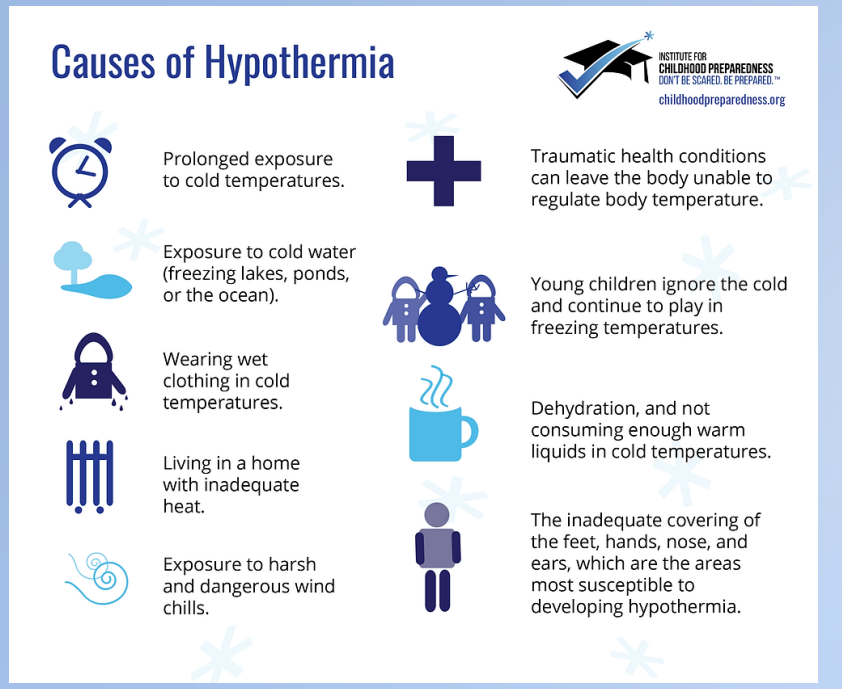
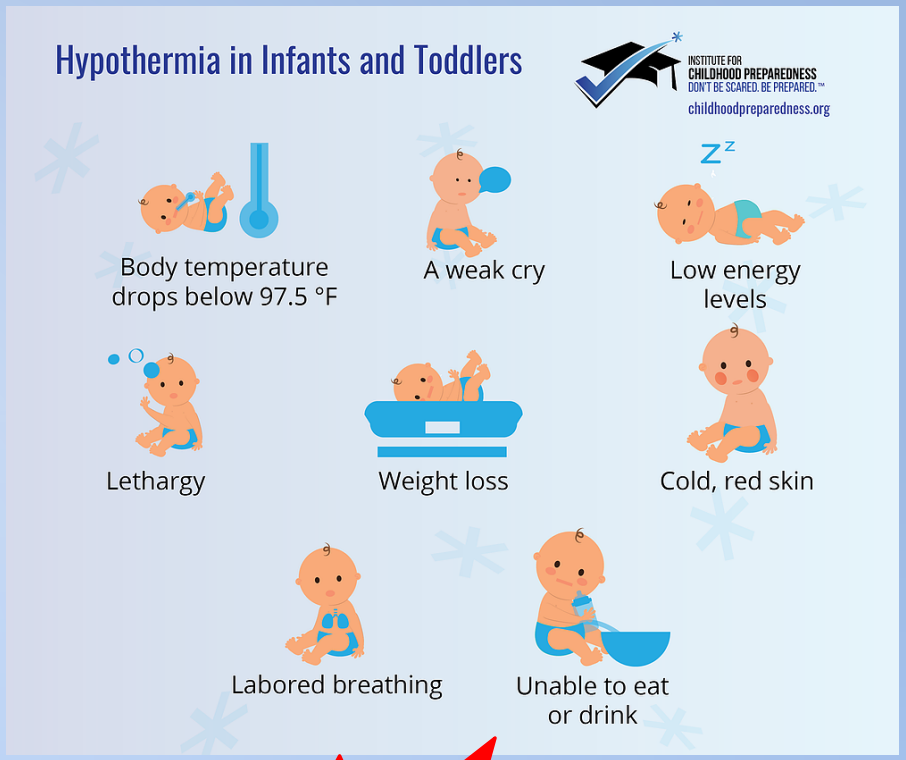
Hypothermia





1 – give a warm bath
2 - wrap in towels and blankets
3 – dress in warm clothes including hat
4 - Be in a warm room
5 – inform a doctor

Do not apply heat sources direct to skin

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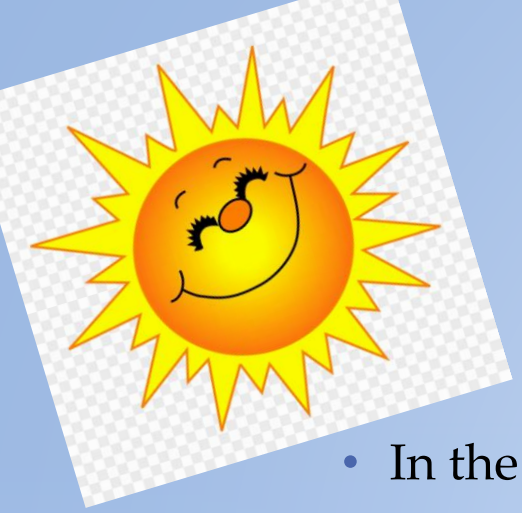

Sun Burn and Heat rash

- In the sun children should always wear sun cream, hat and suitable clothing.
- Move into shade cool room etc and give a drink
- Apply after sun to sooth skin
- Keep out of sun
- If blisters contact doctor

- Prickly red rash
- Remove from sun and heat
- Undress and sponge down, pat dry and allow to completely air dry
- Bathe in tepid water, pat dry and allow to completely air dry
- Apply calamine lotion or equivalent
- If rash hasn't faded with in 12 hours or a temperature is present see a doctor

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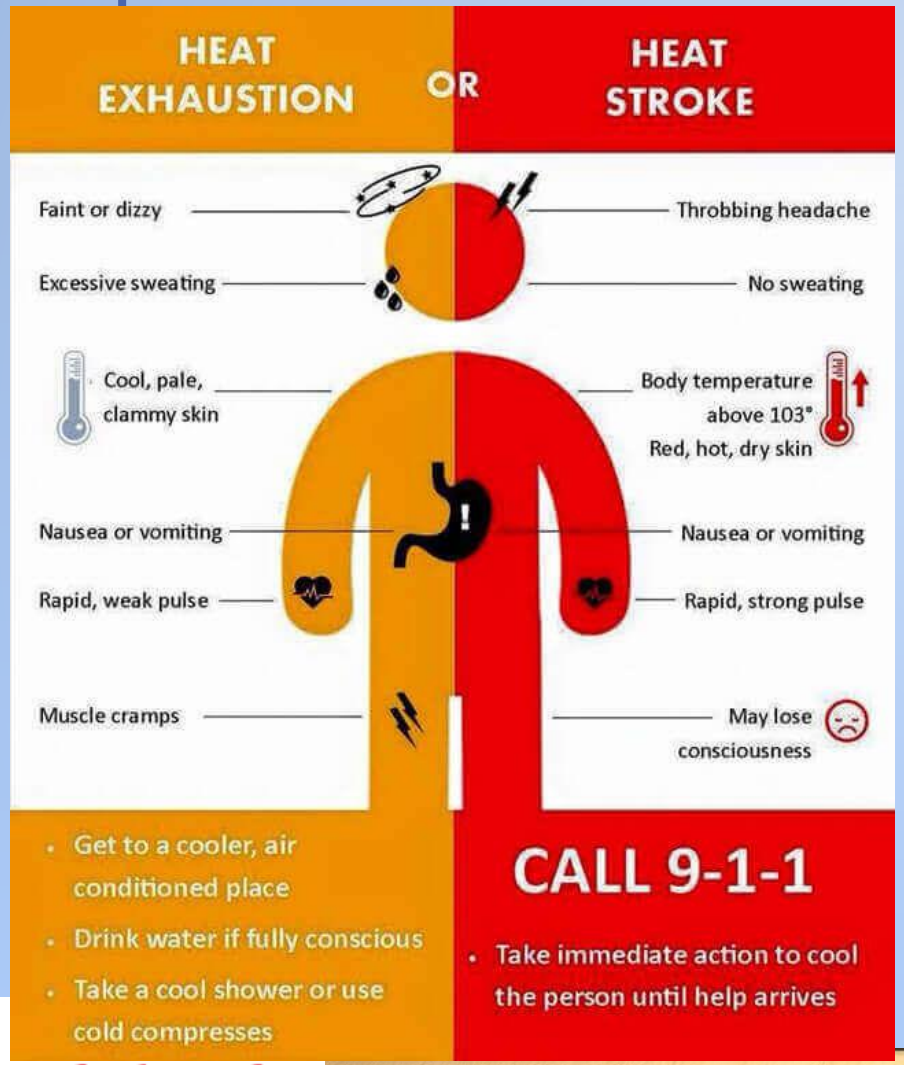
Heat Exhaustion/heat stroke



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Recovery position

- If child is unconscious BUT is breathing and has a pulse

- https://youtu.be/NupCeGFUuoo

- https://youtu.be/GmqXqwSV3bo

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First aid kits

- 1. Assorted waterproof plasters
- 2. Absorbent dressings
- 3. Roll of microporous tape
- 4. Tweezers
- 5. Antiseptic wipes
- 6. Hydrocortisone cream (small tube)
- 7. Skin closures
- 8. Paracetamol tablets
- 9. Loperamide capsules
- 10. Crepe bandage
- 11. Blister plasters
- 12. A thermometer

Read more: https://www.which.co.uk/news/2020/04/first-aid-kits-health-essentials-you-should-have-at-home-plus-the-products-you-dont-need/ - Which?

Protective items

- **Disposable gloves**
- If available, gloves should be worn whenever you dress wounds, handle bodily fluids or other waste materials. Latex-free gloves should be worn where possible as some people are allergic to latex.
- **Protection from infection**
- A plastic face shield or pocket mask can help protect you from cross infection with the casualty when giving rescue breaths.

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- **If in any doubt contact 111 or 999**
- Pharmacies may be able to help with minor injuries
- Minor injuries units
- A+E

- A 2 day paediatric course will arm you with the skills needed to tackle most accidents and the confidence to assist your child during worrying times.

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