

Pediatric First Aid Basics

This playbook provides an outlined procedure specifically designed for administering first aid to infants and children. It highlights the unique considerations necessary when dealing with younger patients in emergency situations.

Step 1: **Safety Check**

Ensure the scene is safe for you and the child before approaching to provide first aid. Look out for signs of danger such as fire, traffic, or falling debris.

Step 2: **Call for Help**

If the situation appears to be severe or life-threatening, immediately call emergency services before administering first aid.

Step 3: **Consent**

If the child is conscious, obtain consent from the child or their guardian if present. Explain who you are and how you plan to help.

Step 4: **Assess Child**

Check the child for responsiveness by gently tapping and speaking to them. Assess their breathing, consciousness, and look for any evident injuries or conditions.

Step 5: **Life-saving Interventions**

Perform life-saving interventions if necessary, such as clearing airway, providing rescue breaths, and doing CPR (Chest compressions and rescue breaths following the pediatric guidelines for infants and children).

Step 6: **Continued Assessment**

If the child is responsive and breathing, assess for other injuries or signs of illness, and provide appropriate first aid measures such as controlling bleeding, treating for shock or applying a bandage.

Step 7: **Comfort and Monitor**

Keep the child comfortable and reassured while continuously monitoring their condition. Wait for emergency services to arrive or until you can transfer them to professional care.

Step 8: **Handover**

Once emergency responders arrive, give a thorough report of the child's condition, your interventions, and any changes that occurred.

General Notes

CPR Ratio

The CPR ratio of chest compressions to rescue breaths for a child is 30:2 and for infants, it's 30:2 with two fingers in the center of the chest.

Legal Consideration

In many places, Good Samaritan laws protect individuals who provide first aid in good faith. However, it's important to be familiar with and act according to local laws regarding first aid and consent.

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