

CHILD SAFETY
AND A BIT OF
FIRST AID

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INTRODUCTION

Are you expecting a baby? Do you already have children in the house? Then this manual is a must read. Babies are precious, but parents rarely take the necessary precautions to make their home a safe one for their new borns. Babies think and act much differently than adults. Their curiosity can often get them into trouble. In addition with their lack of understanding of danger, they can easily get into trouble.

As parents, it is our main duty to make sure that babies and children are taken care of. And this must first start in the home. In this book you will find many different ideas on doing just that. But keep in mind that every home is different, so every home needs to be evaluated for its own hazards.

Some first aid information is also included, but understand that practical training is the best way to learn first aid.



GET MEDICAL HELP

Don't ever hesitate to get medical help for your baby if you think something is wrong. And if by chance it turns out to be nothing, what have you really lost.

A few things you should get medical help for;

- If your child has trouble breathing (coughing, wheezing, turning blue, choking, etc).
- For a bruise that is not healing.
- For cuts where bleeding is not stopping.
- For injuries such as a broken bone, deep cuts.
- Injuries to the head, especially if it causes vomiting, unconsciousness, crying that won't stop, loss of balance.
- Allergic reactions.
- High fever that won't subside.
- Seizures.
- Vomiting or diarrhea that won't stop, as this can lead to severe dehydration.

When calling for an ambulance stay calm and answer the questions that the dispatcher will ask. They need to know things such as where you are, what happened, etc. When they have finished asking you questions then they will tell you to hang up, don't do so until they are done talking to you. They may also be able to give you instructions over the phone of how you can help until the ambulance arrives.

It is sometimes faster for you to take your child to the emergency room, but problems can arise from this, such as accidents, getting stuck in traffic jams, getting lost along the way, etc. generally speaking, it is much safer to call the ambulance to come to you. This way you will also probably get faster service once arriving at the hospital.

The emergency number in Europe is 112. In North America (Canada, U.S.) it is 911.



TYPES OF ACCIDENTS

FALLING:

- As soon as they start crawling they will want to explore everything. If you have stairs in your home, even if it's just a few steps, you need to install gates at the top and bottom. And it's best you get the kind that connects into the wall with bolts/screws, with a strong locking system.

FALLING OBJECTS:

- Do you have any wires, e.g. from TVs, radios, lamps, etc, in your home? As soon as they can reach them, babies will grab and pull on them. Take these wires and secure them along the edges of walls, or tape them down. And consider securing TVs and radios onto the furniture so they cannot be pulled over.
- Do you have a bookshelf in the house? Will it topple over if a child tries to climb it? Consider bolting it onto the wall.

HITTING HARD OBJECTS:

- Children love to run. And there is no doubt they will run into objects. Get some corner-protectors for all the sharp objects, such as tables, in your home. Or better yet, get rid of unnecessary furniture with sharp corners.

CHOKING:

- Make sure all small objects are put away, high up, so babies cannot get a hold of them. When feeding them make sure you cut their food into small pieces, and watch them until they are done. Never make them rush their meals. And be aware that foods such as peanut butter on bread, grapes, popcorn, and hot dogs, can easily cause choking because of their size and shape. There is more on choking later on.

Warning: balloons are not for babies or for children. They are very dangerous. Because babies love to bit on things, they can easily break a balloon and a piece of the balloon can very easily become lodged in their throat. This is rubber and next to impossible to remove. Normally, children should be at least 8 years of age before they should have balloons.

CUTS:

- Obviously these can happen with sharp objects such as scissors, knives, broken glass, etc. So, keep these things away. There is more on cuts and bleeding later on.

HEAD INJURIES:

- Also called concussions, head injuries are much more serious than most people believe. The brain is very fragile, and concussions can cause brain damage, sometimes irreversible. To prevent these types of injuries, make sure they wear helmets when riding their bikes, place them in proper car seats, and make sure they use seat belts when they reach the proper age/weight.
- There is more on head injuries later on.

POISONING:

- Curiosity is the main culprit here. And the younger they are the more curious they are. Babies learn about their environment by taste. So everything they can grab will go into their mouths. Poisoning can be caused by many different things, such as; bad food, pills, vitamins, house hold cleaners, nail polish remover, plants of all sorts, etc.
- Keep everything high up or locked up. Anything that is out dated, such as medicines, discard them. Ladies, don't leave your purse lying around, there are many poison things in it.

DROWNINGS:

It is very sad to say that many babies and children die of drowning. And the main reason is, of course, lack of supervision. But what most people don't realize is that it only takes a few centimeters of water to drown, and it can happen in just a couple of minutes. Any time there is water near by, such as pools (even those inflatable ones), beach, bathtub, etc., children need to be directly supervised – continuously. One of the most common things that parents say after a drowning is something like; “I just left them for a minute to answer the phone.” If you're watching a baby, this should be the only thing you are doing. No answering phones, no answering doorbells, etc., unless you have your child right beside you.

If you have a pool make sure it has a high secure and locking fence so no one can get in without an adult. Beware of pool covers, as they can be a hazard themselves. If a child accidentally falls in they may become trapped under the cover.

If you are at a place where lifeguards are present YOU are still the one primarily responsible for your children. Lifeguards cannot watch everyone, so you must directly supervise your children.

Here's something that very few parents thought about. Children can drown in a toilet! This is because they are top-heavy. They lean over a bit and they tumble in headfirst. And of course they can't get out. So, always be with them when they are using a toilet, until they get older and become steadier on their feet. And while they are young use toilet seat locking devices, which keeps the lid from being lifted without adult supervision.

MAKING THINGS SAFER IN YOUR HOME:

Get on your knees and start crawling around as if you are 2 years old. Everything you can grab try putting it in your mouth. If it fits, it means it is a potential choking or a poison hazard. If you can grab wires it means your child will grab them, and whatever is connected to them will come tumbling down on top of them.

SPECIFIC AREAS IN THE HOME

KITCHEN:

- Household cleaners, most of which are kept under the sink, easily accessible to a curious child. So, put them high up, and/or get locks for your cupboards.
- Bad food; anything that has expired, or has gone bad, dispose of it immediately.
- Alcohol can seriously harm a child. Keep it high up.
- Sharp objects, such as knives and scissors. Getting interlocking devices for your drawers and cupboards is important.
- Garbage bin. Sounds harmless enough, but think about what's in there; bad food, chemicals from cleaners, etc. Keep the garbage bin in a locking cupboard.
- Never use a container, such as an orange juice bottle, to put anything harmful in it, such as paint thinner. A child will not know the difference and will think it's OJ.
- When cooking:
 - Use the back burners on the stove.
 - Keep pot handles turned inwards so they can not be hit or pulled accidentally.
 - Teach children that stoves and ovens are hot.
 - Uplug appliances, such as toasters because the elements are a source of electricity.

BATHROOM:

- Poisoning: shampoos, contact lense cleaning fluid, shaving cream, after shave, nail polish remover, toilet bowl cleaners, hair gel, etc. Get the idea? Keep all these things high up. As a side note, razors can severy cut a child so put them high up as well.
- Lower the boiler's heating temperature to reduce the chance of scalding accidents.
- We've already discussed the toilet dangers.

BABY'S BEDROOM:

- Any toys that the child has must be approved for their age group. Test them; pull on them, twist them, bite them. If parts come off then they could cause choking.
- In their baby carriage make sure you only use the mattress that came with it. It should be firm and fit snugly so there are no cracks where a baby's head can fit. Always follow the instructions on such baby products, and if something breaks replace it.
- Never put extra stuff in a baby carriage, such as pillows, blankets, and toys. Such items can easily smother a baby.
- Balloons are not for babies!! In fact, a child should be at least 8 years of age before they should be given a balloon. Because babies and children like to bite on things, the balloon can easily burst, resulting in a piece of rubber shooting into their mouths and become lodged in their throat. And it is almost impossible to remove because of the suction and the stickiness of the rubber.

YOUR BEDROOM:

As soon as they are able to crawl the entire house will be up for exploration. Don't assume that only the child's room needs to be safe. Check to see what the child can reach;

- Your dresser: perfumes, lipstick, nail polish, keys, change, lighters, etc.
- Second bathroom: pills, after shave, hair spray, birth control pills, contact lenses and cleaning liquids, etc. Don't forget the toilet.
- Closets: mothballs, shoe spray, etc.

GARAGE / STORAGE ROOMS:

- Things that can cause poisoning:
 - Paint and paint thinner.
 - Cleaning solvents.
 - Glues or other adhesives.
 - Petrol, propane, etc.
 - Lighter fluid or charcoal.
- Things that can cause injury:
 - Electrical equipment.
 - Falling objects.
 - Sharp objects on the ground.
 - Lawn mower / snow blower (sharp moving parts).
 - Gardening equipment, e.g. branch trimmers.
 - Matches or lighters.
 - Freezers or fridges that a young child can become trapped in.

CARS:

Always use proper car seats, based on their age and their weight. Make sure the seats are installed properly. Check the car's recommendations as most of them recommend you do not place a rear-facing child seat in the front passenger seat. The safest place is in the back, in a car seat. When they reach the proper age and weight make sure they wear their seat belt.

For some reason people think it's a lot safer in the back so they don't make their children wear their seat belts. Well, think about it, how much safer is it really. Imagine you're driving around 40 km/hour and your child is jumping around in the back seat. You crash into something and the car suddenly goes from 40 km/hour to 0 km/hour. Your child will still be travelling at 40 km/hour until he hits something that will stop him. If he is directly behind the seat he will hit that seat face first at 40 km/hour – ouch!! If he is in between the seat he will shoot like a torpedo between the seats smashing into the windshield or into the dashboard.

NEVER LEAVE YOUR CHILD IN A CAR UNATTENDED:

- Within just a few minutes, in warm weather, the indoor car temperature can become unbearable, leading to heat stroke and death.
- Children get curious and they like to explore. It doesn't take much to reach over and disengage the parking brake, or shift the gears into neutral. Now you've got a car rolling down a hill.
- Even if you're just going to the variety store, take your child with you. It's worth the 5 minutes it takes to unbuckle and rebuckle them.

MISCELLANEOUS:

- Do you have pets? Make sure the litter tray is inaccessible.
- Install smoke detectors on each floor of the house and change the batteries every 6 months.
- Install one carbon monoxide detector and change the batteries every 6 months. Note: this is a different device than a smoke detector.
- Anyone watching your babies should be trained in first aid specific to babies and young children.
- Smoking near your children can cause them respiratory illnesses such as upper respiratory infections or asthma.

A BIT OF FIRST AID



Time is very critical. The sooner first aid is started and the sooner medical help arrives, the greater chance the injured person has of surviving.

PROBLEMS WITH BREATHING

A problem with the airway will cause a problem with breathing. A problem with breathing will cause a problem with circulation. This results in a life-threatening emergency.

Respiratory distress:

- This is where the casualty is still able to breath, but is having problems doing so.

Respiratory arrest:

- This is where breathing has stopped all together, and it is now an emergency. The casualty may still be conscious or may be unconscious.

Four major breathing emergencies:

- Asthma.
- Severe allergies.
- Choking.

Other things that can cause a problem with breathing and circulation include:

- Suffocation.
- Smoke inhalation.
- Drowning.
- Physical injuries to the airway.
- Bleeding.
- Shock.

ASTHMA

Definition:

- Asthma is a disease that you can be born with or develop later on in life. Some people outgrow it as they get older. When someone has an asthma attack their air passages become very tight, they spasm, and secrete mucous. This makes it very difficult to breathe. Usually breathing out may be more difficult than breathing in.

Causes:

- Physical exertion, emotional stress, irritants in the air such as dust or smoke, cold dry air, or hot humid air.

Warning signs:

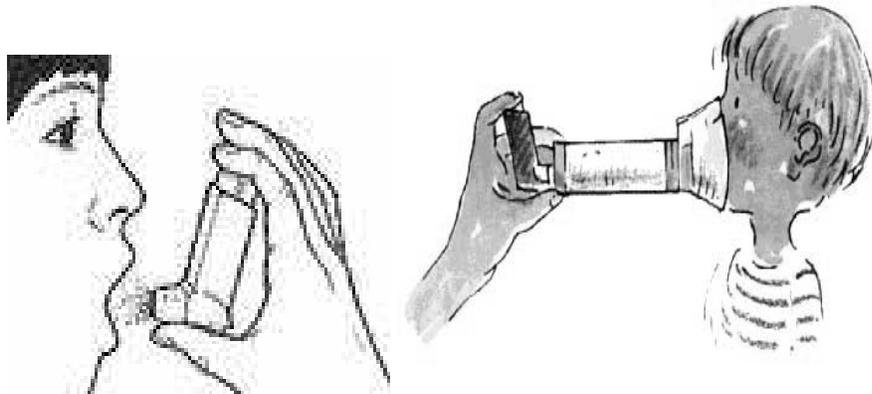
- The person will be gasping for air, there will be wheezing sounds, they will appear weak and tired, they will be anxious, and will become unconscious if the condition worsens.

How to help:

- Help them take their medication. But remember that you are not allowed to administer it. Help them move away from the cause of the asthma attack. Activate the ambulance if the medication doesn't help or they become worst.

Notes:

- There are different types of medication but they all involve spraying of the medicine into the mouth. Anyone with asthma should always be wearing their medic alert tag, and should always have their medication with them.
- Children may need what's called a spacer to assist them in taking their medication. This is a plastic tube that is attached to their puffer on one end, and a mask on the other end. This is needed because children may not have learned yet how to control their breath, which is needed to inhale directly from the puffer.



Anaphylaxis

Definition:

- An over-reaction of the body's immune system, where different chemicals are released to try and destroy the perceived invader.

Causes:

- Medication, foods (e.g. eggs, nuts, kiwis, strawberries, sea food, etc), perfumes and soaps.

Warning signs:

- There will be redness, hives, and itchiness in the area. There will also be swelling which can be life threatening if this is near the throat or face because it can restrict breathing.
- Unconsciousness.

How to help:

- Immediately remove the person from the cause. Call for an ambulance immediately.
- Assist them in taking their medication (epi-pen), or epinephrine.
- The epi-pen is injected in the upper thigh, where there is plenty of tissue and blood flow. First, the top safety cap needs to be removed which allows the spring inside the tube to work once the epi-pen is thrust into the leg muscle. Once injected the epi-pen should be held in place for about 20 seconds to make sure all the medicine enters the tissue.
- This needle is a single dose, meaning you cannot use the same needle more than once.
- If the person has a second epi-pen, do not use it until the symptoms return.



Notes:

- Their medication will help control the swelling. The ambulance must be called even if they have medication because it will only last for about 10-15 minutes.
- People can develop allergies at any time throughout their lives.
- People can develop allergies to anything in the environment, even the most natural products.

CHOKING

Definition:

- This is where something is stuck in the throat and the person is having trouble breathing. It can be a partial obstruction where they can still cough and breathe, or it can be complete where they cannot breathe at all.

Causes:

- Eating too fast, swallowing without chewing, laughing and talking while eating. For children and infants some other common causes include broken balloon pieces, toys, other objects that they may find lying around.

Warning signs:

- If it's a partial obstruction the person will be attempting to remove the object by coughing.
- If it's a complete obstruction the person will not be able to cough, they will be turning blue, and they will look scared.

Babies and young children are extremely prone to choking accidents. Always supervise them while they are eating. Make sure there are no small objects that babies may put in their mouths. Balloons are extremely dangerous because if they break the rubber can easily become lodged in their throat, and it is very hard to remove.

PARTIAL OBSTRUCTION:

- If some air still goes in and out, and they are able to cough, the person is suffering from a partial obstruction.
- Just stay with the person and encourage them to keep coughing. Do not slap them, or shake them, or give them anything to eat or drink.
- Because they are coughing most likely they will be able to expel the object by themselves. By interfering, unnecessarily, you might make it worse.
- If the cough is very weak, or becomes ineffective, then treat as a complete obstruction.

COMPLETE/SEVERE OBSTRUCTION:

- This is a situation where no, or very little, air is going in and out.
- The person needs help as soon as possible.
- They only have a few seconds until they become unconscious.
- See steps below.



If you ever need to help someone else's child make sure you obtain permission from the parent first. However, if the parent is not in the immediate vicinity then help the child right away.

CONSCIOUS CHOKING CHILD-COMplete/SEVERE OBSTRUCTION:

- Step beside them, use one hand to support them from the front, use the other hand to deliver 5 back blows between their shoulder blades.
- After each back blow quickly check to see if the object came out.
- Then, deliver 5 abdominal thrusts, one at a time, with increasing force.
- Continue until the food comes out or until they become unconscious.
- If the food comes out make them comfortable and call for an ambulance if they need it.
- If they become unconscious;
 - Lay them down.
 - Call for an ambulance.
 - Check their mouth for the food (food may come dislodged when the muscles relax).
 - Follow the A, B, Cs.



- The thrusts need to be quick and forceful. And if unsuccessful, the force needs to be increased.
- If they are considerable shorter than you kneel down behind them and do the exact same thing.
- Never pick up a child to put them on a table or a chair simply because you don't want to kneel down.
- After wards, this person should go see a doctor to make sure there was no internal damage done during the procedure.

CONSCIOUS CHOKING INFANT-COMplete/SEVERE OBSTRUCTION:

- Lay them on your arm face down and give 5 back blows.
- Turn them over face up and give 5 chest compressions.
 - After each blow or thrust quickly assess to see if the object came out.
- Continue until the food comes out or until they become unconscious.
- If the food comes out make them comfortable and get medical help if they need it.
- If they become unconscious;
 - Lay them down.
 - Activate ambulance.
 - Check their mouth for the food.



Hold the baby securely so that they don't slip and fall.

- Once the food comes out take the baby to a doctor to check for any injuries that may have occurred from the rescue attempts.
- Never shake a baby upside down to try and remove a choking object.
- Always support the head, as they do not have developed neck muscles yet.

IF THE BECOME UNCONSCIOUS FROM CHOKING:

- Carefully lay them on the ground.
- Get someone to call for an ambulance.
- Perform a tongue-jaw-lift (see diagram below).
- Check the mouth for the food.
- Then perform the A, B, Cs (Airway, Breathing, Circulation).

Airway:

1. Open, and maintain, their airway by tilting their head back and lifting their chin upwards.

Breathing:

1. Check for Breathing by looking, listening, and feeling for air (10 seconds).
2. If they are not breathing give them 2 breaths, allowing the air to come out in between.
3. If the air does not go in, re-position the head-tilt/chin-lift a bit further back and try blowing again. Be careful not to injure their neck.
4. If the air still does not go in,
5. Start CPR 30 compressions.
6. After 30 compressions perform a tongue-jaw-lift and check the mouth for the foreign object.
7. Remove the object if you see it.
8. Give them 2 breaths.
9. Go to step 3.
10. Repeat steps 5 to 10 until air goes in. Once air goes in then go to Circulation below.

Circulation:

1. Start CPR; 30 compressions to 2 breaths.
2. Continue until paramedics arrive or until something changes with the person (reassess at this point).

TONGUE-JAW LIFT:

- This is done when you want to see if there is food inside an unconscious person's mouth.
- It is done by opening their mouth and grabbing their tongue (like a tongue depressor) with your thumb. Now you can see inside their mouth.
- If you see an object use your other hand to pull it out.
- Never put any foreign objects, e.g. tweezers, inside their mouth to pull out the object.
- If the object is liquid or hard to get out, turn the person on their side and try scooping it out from this position.



FAINING

Definition:

- A temporary condition caused by poor blood circulation to the brain.

Causes:

- Can be caused by not eating properly, standing up too fast, or low blood pressure.

Warning signs:

- The casualty feels faint, or collapses.

Helping:

- If they feel faint have them lie down which will help with circulation. If they faint they will usually wake up in a few seconds. Encourage the person to stay lying down for a few minutes until they feel better. If they do not wake up within one minute, or they became injured during the fall then activate the ambulance, and treat any injuries.

Notes:

- If someone has fainted, even if they feel fine afterwards, they should still go see their doctor to rule out any major problem.

Recovery Position

(Semi-prone)



The recovery position can be used with anyone that is unconscious but breathing, or is not feeling well, or is dizzy. It is a comfortable position that keeps the airway open and allows for easy circulation throughout the body. Use a blanket to keep them warm.

EXTERNAL BLEEDING

Definition:

- This is where the blood vessels and the skin are cut and blood is escaping the body.

Causes:

- Damage to the skin caused by trauma. Can be a laceration (clean cut), abrasion, or avulsion (with skin still hanging).

Helping:

- If it's a minor bleed allow some bleeding to take place as this will help clean the wound. Then wash with warm water and soap, apply a dressing to keep it clean, change the dressing every few hours, and monitor for signs of infection.
- If the bleeding is severe than apply the R E D principle:
 - Rest: make sure the person is resting so as to decrease the heart rate and blood pressure.
 - Elevate: raise the injured limb above the heart to slow down the bleeding.
 - Direct Pressure: put pressure directly over the wound to help control bleeding, tie the dressing in place. But, do not make the dressing too tight so as to restrict blood flow. Do not remove the dressing. Get medical help.

Notes:

- If there is an impaled object do not remove it as this can cause more bleeding. Instead, apply a dressing around the object then tie it in place to control bleeding. Take extra care not to move the object.

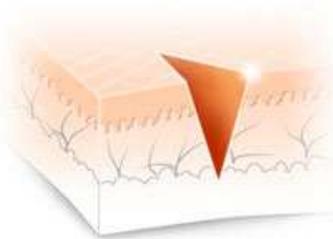
An infection has occurred if over the next few hours the wound becomes red, swollen, and fluid is produced. The infection needs to be taken care of before it becomes worse. If it has progressed to the point where the area around the wound is turning dark red or blue, or the blood vessels are changing color, medical help is needed immediately. This is now a life-threatening emergency.

Different types of wounds

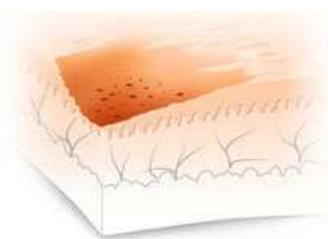
Rough Laceration



Smooth laceration



Abrasion

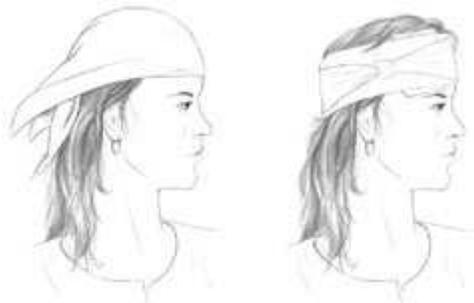
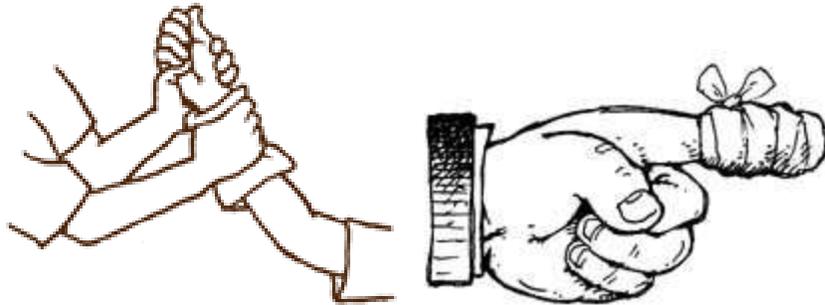


BANDAGING:

- Bandaging is something you would do to control severe bleeding. Ideally you want to use sterile dressings but they may not be readily available so use whatever you have (e.g. towels, clothing). The idea is to put constant pressure over the cut to control bleeding. You want to tie with enough pressure to control the bleeding but not so much so that blood does not get through to the remainder of the limb. If you restrict blood flow that area may die and may require amputation, so be very careful. Once you've tied the dressing you need to check to make sure you did not make it too tight, and check this every couple of minutes. For example, if you've bandaged a forearm here's how you check for circulation:
 - Compare both hands to make sure they are similar in temperature and color.
 - Check the hand to make sure it is not swelling or turning blue.
 - Ask the person if the hand feels numb or tingly.
 - If they lose sensation then it's too tight. Do not remove the bandage but loosen it a bit.
 - If the first dressing becomes soaked with blood then simply put another one on top. Do not remove the original one, as you will be reopening the wound.

Notes:

- Always use caution when dealing with bodily fluids. Wear gloves and wash your hands immediately after.
- Keep in mind that the injured person may go into shock.



Amputation (e.g. a finger): treat the injured body part as you would any other cut. Then take the amputated body part and place it in a clean plastic bag. Take that first bag and place it in a second plastic bag containing ice. Make sure it goes to the hospital with the person, as they can sometimes reattach the body part.

NOSE BLEEDS:

Have the person rest, have them pinch their nose just below the bone, and lean slightly forward. If the bleeding is severe, if it does not stop in about 10-15 minutes, or if there was an injury to the head or face, medical attention is needed. Do not have the person lean their head back, as all this does is have them swallow their blood, which is not desired.



INTERNAL BLEEDING

Definition:

- This is where the blood vessels are broken but the skin is not, so the person is bleeding under the skin. Injured organs will result in internal bleeding.

Causes:

- Usually physical trauma; being hit, falling. Very common in car accidents.

Warning signs:

- Bruising, pain, tenderness, mechanism of the injury (what happened).
- There may be blood in their spit, vomit, or urine.

Helping:

- If it's a minor bruise on the arm or leg then rest the injured part, apply an ice pack for a few minutes, and watch for signs that it is not healing. If it's severe internal bleeding in the core of the body then active the ambulance, make sure the person is resting, treat for shock, apply an ice pack, but do NOT put pressure over the wound.

Notes:

- Internal bleeding is not always obvious, but can be life threatening.
- Infection can occur with any wound whether internal or external. If you suspect an infection then seek medical help immediately, as it can become life threatening. Watch out for warning signs such as; the wound is not healing or is getting bigger, discoloration, fluid discharge, and increased pain.

Hemophilia is a condition where the blood does not clot. The person lacks a certain type of protein in the blood. If someone suffers from this even small cuts or bruises can be life threatening. Immediately get medical help for them.

BONE & JOINT INJURIES

Definition:

- This is an injury to a bone, a joint, a ligament, or a tendon.
- Joint injuries usually involve a dislocation. This is where the bone has popped out of its socket. This may be accompanied with a fracture, a strain, or a sprain. It may pop back in it may not. Either way seek medical help. Do not push it back into place.
- Tendons are strong tissues that connect a muscle onto a bone. When a tendon tears it is called a strain. When they become torn they take a very long time to heal, many times never as good as before, and sometimes surgery is required to reattach them.
- When a ligament is torn it is called a sprain. Ligaments connect a bone to another bone. These are found around the joints. Ligaments are very strong, but, as with tendons, when they tear they take a long time to heal, never as good as before, and sometimes surgery is required.

Causes:

- Any kind of force that is greater than what the tissue can withhold will cause such an injury. Some common activities include falling, twisting, getting hit, etc.

Prevention:

- Use safety equipment and wear it properly.
- Use seat belts and car seats.

Warning signs:

- A 'snapping' noise.
- Pain.
- Deformity.
- Inability to move.
- Swelling.
- Bruising.

Helping:

- Apply the RICE principle.
 - Rest the injured body part and the entire casualty.
 - Immobilize the injured body part.
 - Cold compress over the injury to reduce swelling.
 - Elevate the injured body part if it can be done without causing further injury.
- Seek medical help.
- Do not rub or move the injured body part.
- If there is a protruding bone then bleeding will need to be taken care of by applying indirect pressure.
- Never straighten or realign an injured body part.

Notes:

- Bone fractures, if set properly, will heal fully in a few weeks and will be stronger than before. This happens because the area builds up with more calcification than before.

SPINAL INJURIES

Definition:

- An injury to the muscles, bones, or nerves associated with the spine. The higher up on the spine it is the more serious the injury will be.



Causes:

- Any impact, direct or indirect, to these body parts. Very common in vehicle accidents, diving in shallow water, cycling accidents, sport accidents such as hockey and football, etc.

Warning signs:

- Mechanism of injury (how it occurred).
- Pain, numbness, or paralysis.
- Bleeding, swelling, or bruising around the head, ears, or nose.
- Unconsciousness.



Helping:

- Make sure the child doesn't move then get help.
- Hold them still. You need to and explain to them that they may have a serious injury and should not move.
- If they are unconscious do the CPR steps. Airway and breathing take priority.



CONCUSSION

Definition:

- An injury to the head or the brain. Literally bleeding in the brain or the area around the brain.

Causes:

- Any impact, direct or indirect, to the head.
- May be associated with a spinal injury.

Prevention:

- Wear safety equipment and wear it properly.
- Know the safety rules of sports played.
- Use seat belts and car seats.

Warning signs:

- Mechanism of injury.
- Pain or numbness.
- Bleeding, swelling, or bruising.
- Confused.
- Loss of memory.
- Dizzy.
- Ringing in the ears.
- Nausea or vomiting.
- Unconsciousness.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



Helping:

- Make sure the person doesn't move.
- Hold them still and explain to them that they should not move.
- Activate the ambulance right away.
- If they are unconscious do the CPR steps but open the airway with a modified jaw thrusts, as opposed to a head tilt.

Notes:

- Any time there is a spinal injury you should also suspect a concussion, and visa versa.
- Anyone with a suspected concussion should seek medical help as soon as possible.
- If they have become unconscious from the concussion then activate the ambulance right away.
- Concussions are very life threatening.
- There is a condition called Baby Shaken Syndrome, where babies are injured by violent shaking.
 - Never shake a baby – on purpose, by accident, or when angry.
 - Never throw them up in the air – no matter how much they enjoy it.
 - Never twirl them around while holding them by their feet.

SEIZURES

Definition:

- Seizures are neurological disorders where the signals in the brain become mixed up.

Causes:

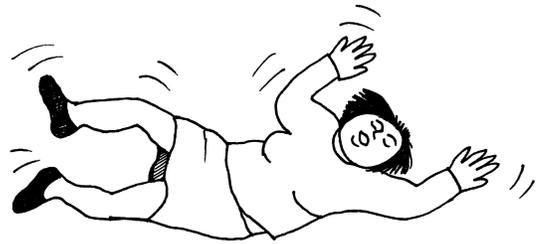
- The most common cause is from the medical condition called epilepsy. However, they can also be caused by concussions, allergic reactions, brain tumors, and high fever in children.

Prevention:

- If someone has epilepsy they may have medication to take which will reduce the chance of seizures. Other causes are hard to prevent because nothing is suspected of being wrong until the seizure.

Warning signs:

- Aside from the casualty having some kind of aura, e.g. smelling burnt toast; there are no warning signs that a seizure is about to happen. Once it begins the person may appear totally spaced out, may appear to be sleep walking, or may be on the ground convulsing.



Helping for Generalized Convulsive Seizures:

- Keep calm; let the seizure take its course. Do not try to stop the seizure or revive the person.
- Protect person from further injury by moving hard or sharp objects away, but do not interfere with the person's movements. Place something soft and small, such as a sweater, under their head, and loosen tight clothing around the neck.
- Do not force anything in the person's mouth. This could cause teeth and jaw damage, or choking. The person will not swallow their tongue during a seizure.
- Roll the person on their side as soon as possible, to allow saliva or other fluids to drain away, helping to clear the airway. Do not be frightened if a person having a seizure stops breathing momentarily.
- If a seizure goes on longer than 5 minutes, repeats without full recovery, or the person becomes injured, then call for medical assistance.

Helping for Partial Non-Convulsive Seizures (e.g. like sleep walking):

- Stay with the person; let the seizure take its course. Do not try to stop the seizure or revive the person. The person will be unaware of his or her actions, and may or may not hear you.
- Gently guide the person away from danger, and move dangerous objects out of the way.
- Partial seizures may spread to other areas of the brain. Do not be alarmed if a convulsive seizure follows.

Notes:

- Always be comforting, be gentle, and reassure the person, as it may take some time for them to become re-oriented.

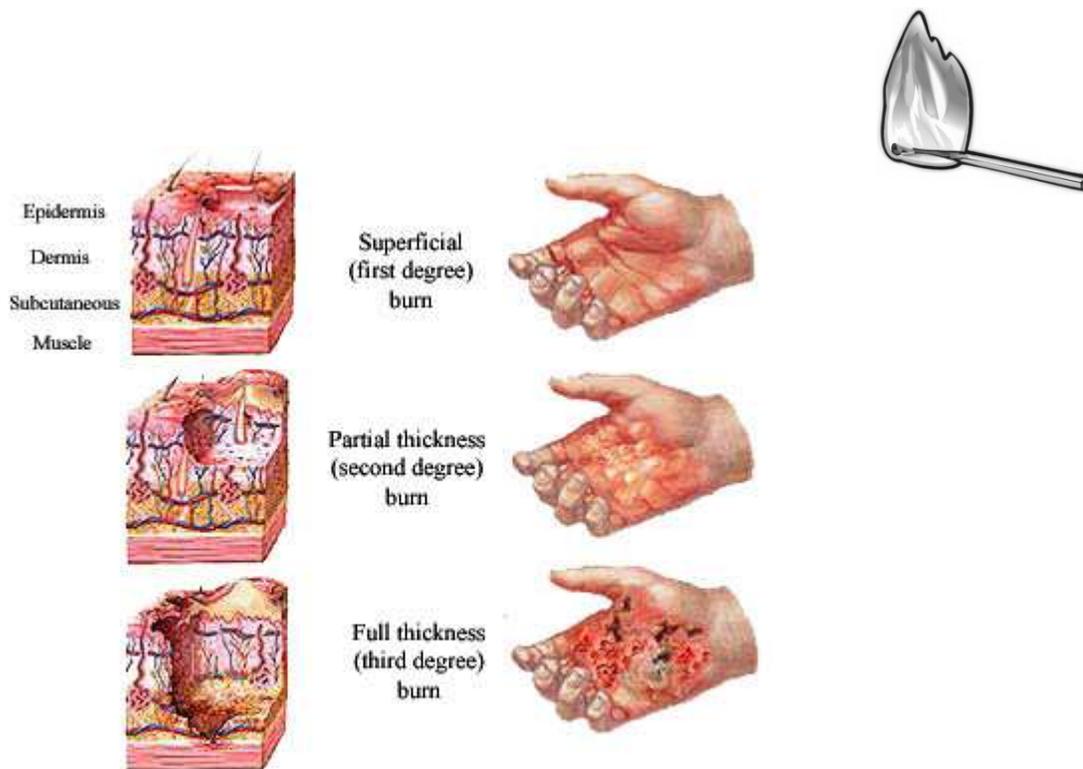
BURNS

Definition:

- A burn is damage to the skin or underlying tissue caused by heat. There are 3 levels of severity; 1st (Superficial), 2nd (Partial thickness), 3rd (Full thickness).

Causes:

- There are 5 main sources of burns; electricity, radiation (sun), thermal (something hot), chemical, and friction.



Helping:

- For 1st and 2nd degree burns you should cool the area immediately with gently running cold water for about 10-15 minutes, or until it has cooled off. Do not break any blisters as this will make the wound worse.
- For 3rd degree burns do not put anything on the burn, seek medical help immediately and treat for shock. 3rd degree is extremely life threatening even when a small body part is affected. If there is clothing on the burn do not remove it as this may also remove skin. There is a very high risk of infection from this kind of burn.



Notes:

- As with all other emergencies make sure the area is safe for you first. Watch out for live wires, hot objects, chemical spills, etc.
- The severity of a burn can also be increased pending on;
 - Which part of the body is affected, e.g. face, neck.
 - The amount of the body that is burnt, e.g. only finger tip or entire arm.
- With electrical burns check for an exit wound as well as treating for the entrance wound.
- With chemical burns flush the area with lots of water to get it off the casualty's skin.
- Never apply ointments, butter, or other home remedies on burns, as this may make the burn worse, keep the heat trapped in, or cause an infection.

POISONS

DEFINITION:

- A poison is a substance, which enters the body and can cause illness or death. It may act within a matter of seconds (e.g. carbon monoxide) or a matter of years (e.g. car pollution). There are four basic ways in which poison can enter the body; by swallowing, breathing, injecting, or absorbing. Any of these methods can be life threatening. Many times children are the innocent casualties.



INGESTED POISONS:

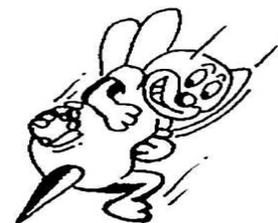
- Examples can include bad food, household cleaners, perfumes, nail polish remover, etc.
- If the person is having trouble breathing, is convulsing, is unconscious, or is in pain, call the ambulance immediately. If the person appears to be fine but you want to make sure call your doctor or local hospital. For your area this number can be found at the front of your local telephone directory. In order for them to help you they need to know what the person took, how much, their age and weight, and their present condition. They will either tell you to seek medical help immediately, give them something to drink, or to monitor them to make sure they don't get worse. Make sure you do not induce vomiting unless you are told to do so by a physician as some substances are corrosive and may burn on the way up. Also, do not give anything to drink unless instructed by a physician as some substances may react more with liquids. Always keep cleaners and chemicals high up so children cannot access them.

BREATHED/INHALED POISONS:

- This can include fumes from household cleaners, industrial products, smoke, etc. Fresh air is the immediate first aid treatment. But first make sure you are not putting yourself in danger. Seek medical help for the person immediately. Never mix cleaners unless it specifies on the container. Never use chemicals in poorly ventilated areas. Be aware of carbon monoxide as it cannot be smelled, has no taste, and cannot be seen. It can be produced by any engine (e.g. house furnace, car), or even a fireplace with poor ventilation. Every home should have a carbon monoxide detector. If the detector begins to sound you need to leave the house immediately and call the fire department from the neighbor's house. Carbon monoxide poisoning makes you feel sleepy and drowsy and can have an effect in a matter of minutes so you aren't aware of what is happening.

INJECTED POISONS:

- Some examples include needles, broken glass, mosquitoes, spider bites, bee stings, etc. As soon as possible remove the object from the skin. Clean the area thoroughly with soap and water. If an allergic reaction occurs, or you believe there is a risk of infection, seek medical help.



ABSORBED POISONS:

- These are poisons, which enter the body through the skin, but do not cause a puncture. Some examples are household cleaners, industrial products, poisonous plants, etc. Remove the substance as soon as possible by using large amounts of running water. Do your best not to contaminate other body parts. There are some chemicals that will react more with water, but if you leave them on the skin they will react anyway with skin moisture. Seek medical help. If you work with chemicals make sure you know how to do the job safely and always use safety equipment.



Teach your children about poisons. Don't assume they know.

PREVENTION IDEAS

CHOKING PREVENTION:

- Take small bites and chew your food well before swallowing.
- Don't laugh and makes jokes while eating.
- Don't run or walk while eating.
- Always supervise children when they are eating. Make sure;
 - Their food is cut into small pieces.
 - They chew their food well.
 - They don't put too much into their mouths.
- You keep small objects and inappropriate toys out of reach of babies.
- Balloons are only for children older than 8 years of age.

HEAD & SPINAL INJURIES PREVENTION

- Teach them, and enforce, that they wear safety equipment and wear it properly.
- Teach them the safety rules of sports played.
- Always use seat belts and car seats, even in the back seat.
- Treat them gently; no tossing up in the air, or twirling around.

PREVENTING BURNS

- Avoid too much sun exposure.
- Keep hot objects away from children.
- Keep hot objects / water away from them.
- Keep lighters, matches, magnifying glass, away.

THINGS IN YOUR HOME THAT CAN BE POISONOUS:

- Nail polish and nail polish remover.
- Lipstick and lip-gloss.
- Mascara.
- Medication including: Panadol, Tylenol, Aspirin.
- Vitamins or other supplements.
- Cleaning supplies, e.g. bleach.
- Aerosols and other insect repellents.
- Poisons used for insect and pest control.
- Soaps: dishes, hands, clothes, etc.
- Smoke from smoking.

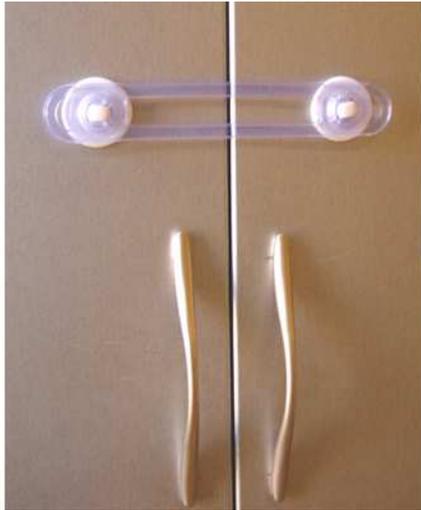
SIDS: SUDDEN INFANT DEATH SYNDROME

This is probably one of the most scariest thing for new parents.

SIDS is defined as the unexplainable death of an infant under one years of age. Because science cannot explain the cause of death, parents often endlessly blame themselves. But the truth is, there was very little they could have done. Keep in mind, this is an unexplainable death. Its cause is unknown. Besides consulting your pediatrician there are some additional things you can do for the first year after birth;

- Avoid all exposure to smoke and pollution.
- Avoid exposure to people with upper respiratory infections
- Offer your baby a pacifier.
- If your baby experiences any problems with breathing seek medical help immediately.
- Do not over-cloth your baby.
- Keep them in your room for the first year.
- Even though they may sleep more soundly on their front, place them on their back.
- Put the baby on a firm mattress, with; no pillows, toys, extra blankets, etc.
- Young mothers have a higher chance of their babies suffering from SIDS.
- As a mother, do not smoke, use cocaine, or heroin, avoid alcohol.

SOME EXAMPLES OF SAFETY DEVICES



For cabinets



Gates for top and bottom
of stairs



Bolting furniture so it won't come tumbling down



Keeps the toilet cover locked



Another device to keep the toilet cover locked in the down position

www.firstaid-cpr.net

petercy@live.com

The End