1. Give 5 back blows

2. Give 5 abdominal thrusts

3. Alternate 5 back blows and 5 abdominal thrusts and call 911
1. Apply direct pressure

2. Elevate the injured area

3. Apply a pressure bandage
EMERGENCY SKILLS - NOSEBLEEDS

Head tilted forward

Squeeze firmly above nostrils
EMERGENCY SKILLS - FALLS

**D**anger: Prior to approaching the infant or child, ensure the scene is safe to do so.

**R**esponse: If you are on your own do not leave the infant or child.

**S**hout for help: If you are on your own do not leave the infant or child.

**A**irways: Open the airway using the head-tilt-chin-lift method.

**B**reathing: After opening the airway, check, listen and feel for normal breathing for no more than 10 seconds. If the infant or child is not breathing call 999/112.

**A**lert - Is the infant or child moving? No. Proceed to V.

**V**oice - Does the infant or child respond to speech? No. Proceed to P.

**P**lace - Place your hand on the infant or child's shoulders and gently shake them. Ask loudly, "Are you all right?", if no response then proceed to U.

**U**nresponsive - Assume the infant or child is unresponsive.

The 'P' in the acronym AVPU is sometimes also referred to as 'Pain' depending on the scale used. Examples of this would include pinching the ear lobes or fingertips.
Animal Bites

Animal bites and scratches that break the skin can sometimes cause infection. Some bites need to be closed with stitches while others heal on their own. Rarely, animal bites (particularly from wild animals) can lead to rabies, a life-threatening disease. Bats, raccoons, skunks, and foxes transmit most cases of rabies.

What to Do:

- Wash the bite area with soap and water; apply pressure with sterile gauze or a clean cloth if the bite is bleeding.
- If the bleeding has stopped, apply antibiotic ointment.
- Cover the area with a bandage or sterile gauze.
- Offer the child acetaminophen or ibuprofen for pain.

Seek Medical Care if:

- the bite was from
  - a wild or stray animal
  - an animal that isn't up-to-date on rabies shots
  - an animal that is acting strangely
- the bite has broken the skin
- the bite is on the face, head, neck, hand, foot, or near a joint
- a bite or scratch becomes red, hot, swollen, or increasingly painful
- the child is behind on shots or has not had a tetanus shot within 5 years

When seeking treatment, have the following information on hand:

- the kind of animal that bit the child
- the date of the animal’s last rabies vaccination, if known
- any recent unusual behavior by the animal
- the animal’s location, if known
- if the animal was a stray or wild, or was captured by a local animal control service
- the child’s immunization (shots) record
- a list of the child’s medication allergies

Think Prevention!

Many animal bites can be prevented. Always keep a close eye on young children around animals, even pets. Teach kids not to tease pets, to handle them gently, and to stay away from wild or stray animals.
Stop. Drop. Roll.
### Emergency Skills – Poison Control

<table>
<thead>
<tr>
<th>Aftershave</th>
<th>Cleaning Products</th>
<th>Gasoline</th>
<th>Mouthwash</th>
<th>Rat Poison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Beverages</td>
<td>Creams</td>
<td>Insecticides</td>
<td>Nail Polish Remover</td>
<td>Rubbing Alcohol</td>
</tr>
<tr>
<td>Antifreeze</td>
<td>Detergents</td>
<td>Lotions</td>
<td>Ointments</td>
<td>Tobacco Products</td>
</tr>
<tr>
<td>Bath Salts</td>
<td>Drain Cleaners</td>
<td>Lubricants</td>
<td>Paint</td>
<td>Topical Anesthetics</td>
</tr>
<tr>
<td>Batteries</td>
<td>Flaking Paint</td>
<td>Medicines</td>
<td>Perfumes</td>
<td>Toilet Bowl Cleaners</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>Furniture Polish</td>
<td>Mothballs</td>
<td>Paint Thinner</td>
<td>Vitamins</td>
</tr>
</tbody>
</table>
Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning. Plan ahead for aquatic activities:

- Always swim in a lifeguarded area
- Provide close and constant attention to children you are supervising in or near water
- Fence pools and spas with adequate barriers, including four-sided fencing
- Learn swimming and water-safety survival skills
- Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets