

FIRST AID FOR CHILDREN STARTS WITH THE ORANGE CROSS

Child First Aid




THE OFFICIAL CHILD FIRST AID GUIDE

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3 PROVIDE RESPONSIBLE FIRST AID

There is a specific order in which to provide first aid. First check whether there are any life-threatening injuries that require treatment. After that, attend to other possible injuries.

In addition to calling 112, important life-saving actions include:

- rapidly turning someone from his back onto his side in case of vomiting
- applying pressure on a severe bleeding wound
- CPR

A victim lying on his back can choke if he vomits or has a lot of blood in his mouth (3.1).

A victim of severe blood loss can go into shock and die. In case of severe blood loss, immediately apply direct pressure onto the wound (3.2).

Determine the need for CPR as quickly as possible.

Check the victim's consciousness. If he is unconscious, make sure 112 is called and an AED is fetched. An unconscious victim is in an immediate life-threatening situation (3.3).

Then you determine whether the breathing is normal (3.4).

Is the victim unconscious and not breathing (normally)? Start CPR (3.5).

If the victim is unconscious and there is normal breathing, place him on his side and, if necessary, in the recovery position (3.6).

Do not do this if you suspect spinal injury. After a severe accident, make sure that the victim does not move and is not moved (3.7).

Next focus on injuries and diseases that may affect breathing, circulation and consciousness (3.8).

Several victims

In a situation where victims (far) outnumber the first aiders, there is only time for quick life-saving measures, such as turning someone over onto his side and making sure that pressure is applied to a severely-bleeding wound.

You may not be able to perform CPR as required, as this would render you unavailable to attend to other victims.



3.1 VOMITING IN THE SUPINE POSITION

If a child is lying on his back and needs to vomit, turn him rapidly over onto his side.



3.2 SEVERE BLOOD LOSS

In case of severe blood loss, immediate life-saving action is required.



A child actually has a much smaller blood volume than an adult. A 10 kg-child has just 800 cc of blood and a loss of 250 cc amounts to 30% of the volume. Therefore you need to apply pressure immediately to severely bleeding wounds and call 112.

Applying pressure to the wound:

- preferably use gloves
 - if possible, place a sterile dressing, such as a compress or rapid application dressing on the wound
- If you do not have dressings available use other items, such as a towel, tea towel, clothing or even your bare hand.
- apply a pressure bandage as soon as you can

See also page. 45.

3.3 ASSESSMENT OF CONSCIOUSNESS

A child may lose consciousness for a short or long period of time. A disorder in consciousness may indicate that brain cells are receiving insufficient oxygen. Loss of consciousness may occur gradually. The

child become increasingly dazed, may groan, whimper or talk incoherently. He is also unable to focus

Infection

A wound may sometimes become red and thick and (more) painful. This means that germs have multiplied.

The body's immune system responds to this infection by producing extra white blood cells to try to destroy the germs. This may cause the child to have a higher body temperature or fever.

If the wound is open and infected, use a wet dressing for two days or bathe the wound in water for 15 minutes 2 to 3 times a day. Also rinse the wound with clean water when changing the dressing.

If the symptoms do not disappear quickly or a 'red stripe' appears, call the GP or the Out-of-Hours GP service.

Tetanus

Many children have been vaccinated at an early age (DKTP). A full vaccination offers protection for 10 years.

If the vaccination was more than 10 years ago, the parents should be advised to contact their GP in case of wounds.



OBJECT IN THE SKIN

Remove only superficially penetrated objects, such as car glass or splinters out of the skin.

OBJECT IN THE SKIN

WHAT TO DO?

- only remove a splinter from the skin if you can grab a protruding tip
- always grab the splinter as close to the skin as possible using tweezers and remove it lengthwise
- disinfect the skin after removing the splinter
- if the splinter cannot be removed easily, go to the GP or the Out-of-Hours GP service

This also applies if the child has a fish hook in his skin or if skin is caught between a zipper.

- you can also use tweezers to remove superficial dirt, such as gravel

ABRASIONS

If a child falls, he can easily get abrasions. Abrasions are often contaminated with sand, earth or gravel.



ABRASION

The child is in pain. The top layer of his skin is damaged. The wound shows localised bleeding through damaged capillaries and is usually dirty.

WHAT TO DO?

- rinse the wound using lukewarm tap water
- if necessary, dab or rub the graze clean using a soft washcloth
- you do not need to dress abrasions unless clothes are touching the wound repeatedly; then use a non-sticking dressing
- in case of major abrasions, go to the GP or the Out-of-Hours GP service

Sterile compress

Sterile compress (gauze) is germ free and packed in such a way that it can remain sterile for four to five years in a dark and dry environment.

Preferably use a non-sticking compress (for example Metalline compress) on a wound. You can use standard compresses to properly clean the area around a wound or to dab a wound dry.



The compress can also be secured using a finger bob.



Plaster tape

Plaster tape is used to secure a bandage.



Rapid application dressing

A (rolled) rapid application dressing comprises a wound pad of various sizes (6 x 8 cm, 8 x 10 cm and 10 x 12 cm) with a short bandage on one side and a long bandage on the other side of the wound pad.





THE ORANGE CROSS

Do you know what to do if a child falls off his bike? Or if a toddler chokes on a sweet?

When children have accidents or are ill, parents, carers and bystanders feel a particular responsibility to provide the right kind of first aid.

This book describes what you should do and how you should respond as a first aider. You can use this course material to prepare for the exam leading to the Child First Aid certificate of The Orange Cross.

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