

HEALTH CARE PROGRAM FOR CHILD CARE CENTERS SUGGESTED FIRST AID DIRECTIVES

Part of State Form 45877 (R9 / 7-19)

CHOKING

(Conscious, ages one (1) and above) - Stand or kneel to the side of the child, have them bend over your arm and give five (5) forceful back-blows between the shoulder blades. Each back-blow should be a separate attempt to get the object out. If the five (5) back-blows do not get the object out, give five (5) abdominal thrusts. Stand or kneel behind the child, with your arms around their waist and make a fist, placing it just above the naval. With moderate pressure use your other hand to press the fist into the child's abdomen with five (5) quick, upward thrusts. Repeat five (5) back blows followed by five (5) abdominal thrusts until the obstruction is cleared, the child begins to cough, or becomes unconscious.

(Unconscious) - **Contact 911 and/or emergency services immediately and begin CPR.**

(Conscious Infants) - Have someone call 911 or, if you are alone, call 911 as soon as possible. Support infant's head and neck. Turn infant face down on your forearm. Lower your forearm onto your thigh. Give five (5) back blows forcefully between infant's shoulder blades with heel of hand. Turn infant onto back. Place middle and index fingers on breastbone between nipple line and end of breastbone. Quickly give at least five (5) chest thrusts by compressing the breastbone one-half to one inch with each thrust. Repeat backblows and chest thrusts until object is coughed up, infant starts to cry, cough, and breathe, or medical personnel arrives and takes over.

(Unconscious Infants) - **Contact 911 and/or emergency services immediately and begin CPR.**

POISONING

Call Poison Control Center (1-800-222-1222) immediately! Have the poison container handy for reference when talking to the center. Do not induce vomiting or give anything by mouth. Check the child's airway, breathing and circulation.

HEMORRHAGING

Use a protective barrier between you and the child (gloves). Then, with a clean pad, apply firm continuous pressure to the bleeding site. Do not move or change pads, but you may place additional pads on top of the original one. If bleeding persists, call a doctor or an ambulance. Open wounds may require a tetanus shot.

SEIZURE

Clear the area around the child of hard or sharp objects. Loosen tight clothing around the neck. Do not restrain the child. Do not force fingers or objects into the child's mouth. After the seizure is over and if the child is not experiencing breathing difficulties, lay him on his side until he regains consciousness or until he can be seen by emergency medical personnel. After the seizure, allow the child to rest. Notify parents immediately. If child is experiencing breathing difficulty, or if seizure is lasting longer than 5 minutes, call an ambulance at once.

ARTIFICIAL RESPIRATION (*Rescue Breathing*)

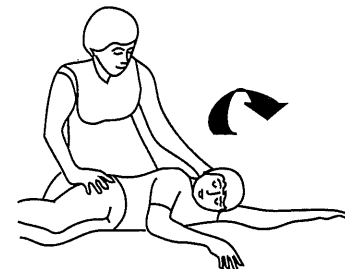
Position child on the back; if not breathing, open airway by gently tilting the head back and lifting chin. Look, listen, and feel for breathing. If still not breathing, keep head tilted back and pinch nose shut. Give two regular breaths, and then one regular breath every 4 seconds thereafter. Continue for one minute; then look, listen, and feel for the return of breathing. Continue rescue breathing until medical help arrives or breathing resumes.

* If using one-way pulmonary resuscitation device, be sure your mouth and child's mouth are sealed around the device.

(Modification for infants only) - Proceed as above, but place your mouth over nose and mouth of the infant. Give light puffs every 3 seconds.

SHOCK

If skin is cold and clammy, as well as face pale or child has nausea or vomiting, or shallow breathing, call for emergency help. Keep the child lying down. Elevate the feet if there are no leg injuries or pain.



Signature of healthcare consultant

Date signed (month, day year)