



**KEEP
CALM
AND
BE
SAFE**



ACCIDENTS AND EMERGENCIES PART 1

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Safety:

Guidelines for Fast Action

- 1) Stay Calm: it's reassures the child and keeps your thoughts clear
- 2) Evaluate the Situation: Is the injury serious or minor, can you handle it or do you need help?
- 3) Provide Comfort: Offer words of comfort along with the treatment and keep child warm, don't move child
- 4) Call for help: If you don't know what to do or it's serious
- 5) Give basic First Aid

First Aid: Bleeding

For minor cuts/scrapes, add some antiseptic to the wound with a bandage.

For deep cuts and wounds, seek medical help.

For Nosebleeds lean the child slightly forward and with a tissue put pressure on the bridge or lower half of the nose.

Burns

First-Degree: Skin turns pink or red, no peeling of skin. Caused by sun, steam, hot water, and others. Run under cool water or towel, no ointment on the burn.

Second-Degree: Red with blisters and peeling. Caused by sun, hot liquids or flames. Take child to the doctor and cover the burn with a cloth or a clean blanket or sheet.

Third-Degree: Blackened or White skin, nerve endings are destroyed. Caused by flames, hot objects, or electricity. Seek immediate medical help.

Chemical Burns: Chemicals should be stored away from children, but should they come into contact with skin irritants, you should seek medical attention immediately.

Electrical burns: Appear minor, but are deep. Elevate legs, but head to one side to prevent shock, and call for medical personnel.

Bumps and Bruises

For minor bumps and bruises, put an ice pack on the area. Hits to the head

can be serious, if child loses

consciousness, irritable, has a

headache, or vomits, seek medical

attention immediately.

Fractures and Sprains

Elevate injured area and if serious (if minor) or seek medical help for more serious injuries.

Splinters and Thorns

If you can, pull the embedded object out of the skin, if in the eye or is serious, seek medical help.