

EMT

First Aid Training

Childrens First Aid Star Award Course



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Star 1 - Bleeding and Fractures



When someone is bleeding you are aiming to control the bleed to prevent and minimise the effects of shock, and minimise infection.

1. What could you wear to prevent cross contamination?

2. Complete the table below (what does each letter stand for?)

R	
E	
D	

3. Draw the position you should place someone who might be suffering from SHOCK.

4. What would you do if an OUCHY has something stuck in it like a bit of glass?

5. What would you do if blood comes through the first bandage?

6. When would you call the emergency services?

Star 1 - Bleeding and Fractures

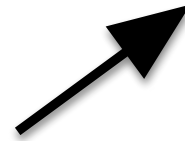


A First Aid Kit is very important. A First Aid kit will contain many useful items that can be used to help someone who is injured. Make sure you know where your first aid kit is in the home and also at school.

7. Make a list of items you can find inside the first aid kit.



A information leaflet



8. Choose three of the items you have listed above and explain what you might use them for.

9. What could you use instead of a bandage to treat a wound?

Star 1 - Bleeding and Fractures



Fractures must be immobilised to reduce the potential of further damage to the injury. Use a support sling for a broken arm and an elevation sling for a broken collar bone or a dislocated shoulder

10. Create a triangular bandage by cutting out a triangle shape from an old sheet and try performing the two slings below.

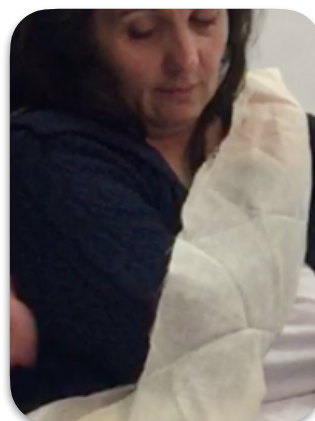
OR

Be creative and find another way of immobilising a fractured arm and/or a dislocated shoulder.

Support Sling



Elevation Sling



Star 2 - Planning for an Emergency + CPR



When someone is bleeding you are aiming to control the bleed to prevent and minimise the effects of shock, and minimise infection.

1. What is first aid?

2. What number do we call in a life threatening situation?

3. Fill in the boxes with examples of when you will call the Emergency Services

Examples of Medical Emergencies			
Not Breathing			

4. What do you need to tell the emergency medical services when you call them?

5. When you call the ambulance they will ask you for your address or where you are.

It is important you know the address where you are. Write your address here:

6. How can you find your address or your location if you are out of the house?

Star 2 - Planning for an Emergency + CPR



7. You have just walked into the room and found an unconscious person that you can't wake up. You need to perform the Primary Survey - DRS ABC. What do each of the letters stand for?

D

R

S

A

B

C

Call 999 + CPR

8. Explain what type of Dangers you would look for.

9. How do you check for a Response?

10. How do you open an Airway?

11. How long do you check Breathing for?

12. Count how many breathes you do in 10 seconds (in and out is 1 breath)

Star 2 - Planning for an Emergency + CPR



13. Try and complete the table below. You can use the next few pages to help you.

	Baby	Child	Adult
Initial rescue breathes			
Ratio of compressions to breathes			
Depth of compression			
Rate (speed) of compression			
Compression technique			
Rescue Breathes technique			

When do you stop CPR?

Unconscious ADULT life-support



D

CHECK FOR DANGER

Make sure it is safe for you and the casualty

R

CHECK FOR RESPONSE

Push hard on the collar bone or pinch the ear lobe

SHOUT FOR HELP

A

OPEN AIRWAY

Open the airway using head tilt and chin lift

B

CHECK NORMAL BREATHING

Look, listen and feel for normal breathing for up to 10 seconds



ARE THEY BREATHING NORMALLY?

Y

RECOVERY POSITION FOR ADULT

Make sure you open the airway by titling the head back and lifting the chin. Monitor breathing..

CALL 999

N

CALL 999 AND ACTIVATE SPEAKER ON PHONE

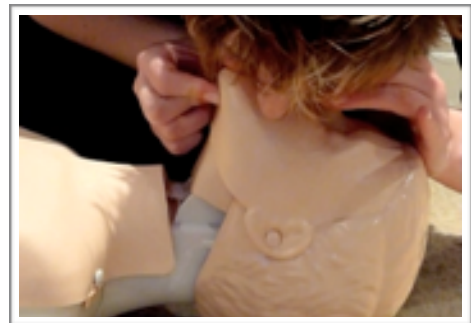
N

CPR 30 COMPRESSIONS AND 2 RESCUE BREATHES

Push down on the centre of the chest with 2 hand, 5-6cm of the chest depth, 2 per second 30 times

Open the airway and pinch the nose, seal your mouth over theirs and blow twice.

Continue CPR 30:2



Unconscious CHILD life-support



D

CHECK FOR DANGER

Make sure it is safe for you and the child

R

CHECK FOR RESPONSE

Push hard on the collar bone or pinch the ear lobe

SHOUT FOR HELP

A

OPEN AIRWAY

Open the airway using head tilt and chin lift

B

CHECK NORMAL BREATHING

Look, listen and feel for normal breathing for up to 10 seconds

ARE THEY BREATHING NORMALLY?

Y

RECOVERY POSITION FOR CHILD

Make sure you open the airway by titling the head back and lifting the chin. Monitor breathing..

CALL 999

N

5 RESCUE BREATHES

Open the airway and pinch the nose
Seal your mouth over theirs and blow

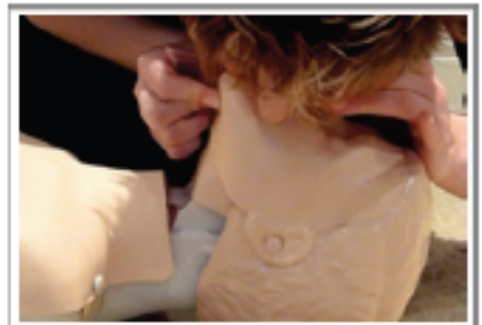
N

30 CHEST COMPRESSIONS

Push down on the centre of the chest with 1 hand,
1/3 of the chest depth, 2 per second

CONTINUE CPR - REPEAT 30 COMPRESSIONS AND 2 RESCUE BREATHES

If you are alone perform CPR for 1 MIN before calling 999



Unconscious BABY life-support



D

CHECK FOR DANGER

Make sure it is safe for you and the baby



R

CHECK FOR RESPONSE

Tickle the baby feet and eat to stimulate them

SHOUT FOR HELP

A

OPEN AIRWAY

Open the airway (neutral alignment for a newborn) using head tilt and chin lift



B

CHECK NORMAL BREATHING

Look, listen and feel for normal breathing for up to 10 seconds

ARE THEY BREATHING NORMALLY?

Y

RECOVERY POSITION FOR BABY

Lay the baby on its side (or hold in yours arms) with the head lower than the bottom to allow vomit to drain away.

CALL 999



N

5 RESCUE BREATHES

Open the airway
Seal your mouth around their mouth and nose



N

30 CHEST COMPRESSIONS

Push down on the centre of the chest with 2 fingers,
1/3 of the chest depth, 2 per second



CONTINUE CPR – REPEAT 30 COMPRESSIONS AND 2 RESCUE BREATHES

If you are alone perform CPR for 1 MIN before calling 999

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Star 3 - Choking + AED



If someone is choking, it is likely they have something stuck in their throat. This is called a blockage, normally caused by food or a toy. You need to remove it quickly, because they won't be able to breathe properly.

1. How would you know someone is Choking? What are the signs and symptoms?

2. What is the first thing you should ask a child or adult to do that is Choking?

2. How many back slaps do you then need to give them between the shoulder blades with the heel of your hand?

3. If the back slaps didn't work what do you need to do next?

4. If the casualty is still choking after giving the correct number of back slaps and abdominal thrusts what should you then do?

5. If the casualty becomes unconscious what should you do?

6. What would you do differently if a baby was choking

Star 3 - Choking + AED



7. What does AED stand for?

8. Where is your nearest AED located?

9. When the AED arrives at an unconscious casualty you need to prepare the casualty. What could that involve?

10. Be creative and make your own training AED or draw one here:

Star 4 - Unconscious Casualty



If you find a casualty who is unconscious and breathing you need to place them in the recovery position to ensure they continue to breathe.

1. What can happen if you leave someone who is unconscious and breathing lying on their back?

2. Before you move a casualty into the recovery position what should you do?

3. Explain how to place a casualty into the recovery position.

4. Complete the table below:

Task	
What are the priorities of the recovery position?	
What should I not do when someone is in the recovery position.	

A stuffed elephant is shown wearing a green sash that reads "first aid instructor" with a red cross symbol. The elephant is positioned in front of a poster that says "PASSIONATE ABOUT FIRST AID".

A woman with dark hair is lying on her back on a white floor. She is wearing a dark blue long-sleeved shirt and blue jeans. Her legs are bent at the knees, and her arms are extended outwards to the sides. She is looking towards the camera with a slight smile.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Star 5 - Burns and Electrocution



1. List a few examples of what can cause burns in your house

2. Look at the 2 photos below. They are photos of a burn. Write next to each photo what treatment is being given.





3. When would you advise someone with a burn to go to hospital?

4.. Water is supposed to be COOL WATER what would you do if you only had a cold tap and not a mixer tap?

Star 5 - Burns and Electrocution



5. If someone was on fire, what would you advise them to do in order to put the flames out?

6. Explain why would you not use an ice pack to cool a burn?

If someone was being electrocuted you must ensure you DO NOT touch the casualty. You must turn off the mains power first.

7. Write down where your mains fuse box is located in your house.

8. When you have turned off the electricity where would you expect to find the burns?

**Congratulations on becoming a
SUPERSTAR MINI FIRST AIDER**

Please do not forget to download your certificate.