



Our classes focus on prevention, recognition and treatment of common first aid emergencies. Accidents are never planned so we teach you how to be prepared.

The most common cause of death in children are accidents, which lead to first aid emergencies:

I. The number one most common accidental death in children over 1 are motor vehicle accidents, often not wearing seatbelts, or not using proper car seat.

-Would you know what to do if your child suffered a head or neck injury in a motor vehicle accident? Was bleeding uncontrollably? Appeared unconscious?

- Always send someone to call 911
- Get out the first aid kit
- Assess the scene to make sure it is safe
- Check for a response
- If no response start steps to CPR

1. Head or Neck Injury

- If head or neck injury is suspected, move the victim as little as possible
- If CPR is needed, gently move child to a hard, flat surface
- If breathing is apparent, no CPR needed, hold the head slightly back for the victim until trained help arrives.
- If there is bleeding in the head control bleeding.

2. Severe Blood Loss

- Check for bleeding, and control bleeding, to control bleeding apply firm pressure using something sterile and elevate the area above heart level, adding layers of gauze help to stop the bleeding, do not removed soiled gauze
- Once bleeding has stopped, keep the layers of gauze in place by wrapping up with roller gauze, but do not cut off circulation. NO TURNICATES
- Assess the victim for shock, severe blood loss can cause shock to the body

3. Shock

- Shock can happen for a number of reasons
- Shock basically means that there is inadequate blood flow to the vital organs
- A victim going into shock may appear weak or faint, dizzy, cool or moist, faint or rapid breathing and pulse.
- To treat a victim for shock lay on the back, elevate legs 8-12 inches, cover with a blanket or mylar blanket from the First Aid kit

II. The second most common cause of accidental death in children about 5 years and under is drowning. A child could drown in just 2 inches of water, which

means, a bucket of water left from mopping, a toilet bowl, or even a bowl of water for an animal. Would you know what to do?

1. Drowning

- Make Sure the scene is safe
- Only take the victim out of the water if it is safe for you to do so
- Assess victim for a response
- If no response send someone to call 911
- Assess for breathing
- If no breathing start the steps to CPR, if you don't know how the 911 operator can help you.

III. The third most common cause of accidental death in children is choking:

1. Choking (unable to cough, breath or make noise)

- If your child (age one and up) starts choking, begin abdominal thrusts while standing or kneeling directly behind him/her. If the child should become unconscious, immediately access 911 and start the steps to CPR if you know how, if you don't know how, the 911 operator can help.

OTHER EMERGENCIES TO CONSIDER that can lead to breathing stoppage or shock to the body:

- Poison Emergencies
 - call Poison Control (800) 222-1222
- Burns and Electric Shock
 - 3rd Degree burns and Electric shock call 911
 - 1st and 2nd Degree Burns put ONLY cool water
- Dehydration
 - give water and remove child from hot environment to cooler, but not cold environment
- Hypothermia
 - remove any wet clothing, cover with a blanket and get to hospital emergency room or call 911
- Heat Exhaustion
 - remove child from hot environment to cooler but not cold room
- Low Blood Sugar
 - give something sweet, non dietetic, such as apple juice or orange juice
- Fainting
 - lay on back and elevate feet 8-12 inches above heart level, do not have person sit or stand

ACCIDENTS ARE NEVER PLANNED, ALWAYS BE PREPARED

Please visit www.BabyBeSafe.com for more information on accident prevention

Or call (718) 940-4200 or toll free at (888) SAFE-557