



DANGER

Clear the area of any Danger

- Make sure you, your casualty and bystanders are safe



RESPONSE

Check the casualty for any Response

- Flick the soles of the baby's feet, shout and try and wake the baby up
- Gently shake the child's shoulders and ask loudly 'Are you alright?'



SHOUT

Shout for Help

HELP!

AIRWAY

Open the Airway

- Do not overextend a baby's neck
- Place your hand on the child's forehead and gently tilt the head back and lift the chin



BREATHING

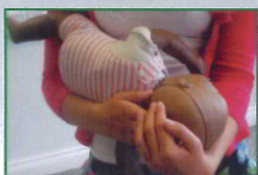
Look, Listen, Feel for Normal Breathing

- Look for chest movement
- Listen at the mouth for breath sounds
- Feel for air on your cheek



Breathing Normally?

Recovery Position



Dial 999



Not Breathing Normally?

- Summon emergency aid if accompanied
- Give 5 rescue breaths
- Begin CPR
 - 30 Compressions
 - 2 Breaths
- Dial 999 after one minute if alone
- Continue CPR



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This poster is provided only as a guide to Paediatric First aid. It cannot replace the skills that can be learned on a first aid training course.