



# WHAT TO DO IN AN EMERGENCY?

FIRST AID FOR CHILDREN

In collaboration with:



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## Treating wounds (stab wounds, cuts, scratches and scrapes)

### **Minor abrasions and superficial cuts, lacerations or bruises:**

- Clean and disinfect the wound with a non-alcoholic antiseptic
- Apply a dressing to the wound (a plaster or gauze and bandage)

### **If there are deep, large wounds, continuous pulsating pain, an issue of pus or a growing area of reddening:**

- Immediately go to the doctor

### **For severe bleeding:**

- Immediately call the emergency help number: 144
- Apply pressure to the wound until help arrives. Preferably do this with a sterile compress, or with your hand, a T-shirt, a towel or anything that you can use to press on the wound and slow the loss of blood.



## Nosebleeds

### **In most cases a nosebleed is harmless – an everyday ailment and very easy to stop:**

- Sit the child up straight (this reduces the the pressure in the blood vessels)
- Bend the head forwards
- Press the nostrils together for 5 to 10 minutes
- Place a cooling cloth dipped in cold water on the neck (do not use an ice compress because of the risk of chilblains)
- The blood should be spit out, not swallowed (swallowing blood can cause nausea)



### **IMPORTANT!**

If the nosebleed persists for more than 30 minutes or if the child has frequent nosebleeds, it is advisable to go to a doctor.



A fall (bruising, sprains, broken bones)

**A fall does not always have serious consequences. But it is always better to be on the safe side.**

**In principle, the following applies:**

- Keep the injured part of the body still and avoid any unnecessary movements
- If there are any suspected injuries to the head, chest, upper arm, spine, pelvis, abdomen or thigh, immediately call the emergency help number (144) especially if the pulse rate increases and the child has a cold sweat and goes pale.
- Cooling can help in the case of sprains and bruises



### **IMPORTANT!**

Go to a doctor or call the emergency help number (144) if:

- the injured region is notably deformed and very painful
- the child cannot move without being helped
- the child does not want to walk or stand up
- the child does not move the affected body parts (protective posture)



Choking in babies

**First aid for babies who may be suffocating:**

- Lay your baby face down on your thigh or forearm with the head lower than the level of the chest
- For a baby or infant, give five blows on the back between the shoulder blades with your flat hand. While doing this, the upper body should be bent forwards.
- Using two fingers, thrust downwards five times on the chest just below the level of the nipples
- Repeat until the foreign body is expelled or the child starts audibly crying



### **IMPORTANT!**

Never shake the baby!



## Choking in toddlers

**If your child chokes on something, remove the foreign body as quickly as possible:**

- Make the child cough, cough and cough again
- For children of school age, perform the Heimlich manoeuvre five times: Hold the child with your arms round the stomach from behind, with one hand forming a fist and the other clasping it. Now pull back both your hands with a sudden strong upwards movement. Repeat this manoeuvre up to five times



### **IMPORTANT!**

If there is any risk of suffocation, immediately call the emergency help number: 144



## Burns

**When heat is involved, you should keep a cool head:**

- Cool down the burns as quickly as possible with cold water, for at least ten minutes
- Do not open any blisters from burns
- Apply a sterile bandage to the wound
- If the wound needs further medical attention, cover it loosely with cling film or a clean plastic bag
- In serious cases, call the emergency help number: 144



### **IMPORTANT!**

When cooling large burns or burns on a baby or infant, special care is needed in order to avoid hypothermia. Leave the wound as it is. Do not remove items of clothing, jewellery etc. Removing them could make the injury worse.

## Electric shocks

**If your child suffers an electric shock, first disconnect the power supply as quickly as possible – this is also for your own protection:**

- Pull out the plug or remove the main fuse
- Separate the child from the source of electricity using a dry, non-conductive object (e.g. wood, leather)
- If the electric shock was from a high-voltage line, do not go near it until the utility company has switched it off



Emergency help number “144” – for all medical emergencies

- ✓ **Where** is the location of the accident
- ✓ **Who** is calling?
- ✓ **What** is the number to call back on?
- ✓ **What** exactly has happened?
- ✓ **When** did the accident happen?
- ✓ **How** many people are affected?
- ✓ **Additional details:** Are there any special hazards? For example, petrol or electricity? Is the area of the accident secured?

**Do not end the emergency telephone call to “144” until they confirm that they have understood you properly**



### **IMPORTANT!**

Electric-shock marks (burn spots) can indicate serious internal injuries and a heart rhythm disturbance. So, always call the emergency help number: 144



## Take precautions to be on the safe side

Save the main emergency help numbers on your landline phone and mobile phone. Better do it now:

- 144** Ambulance
- 145** Poisoning/toxicological information service
- 1414** REGA air ambulance
- 117** Police
- 118** Fire brigade
- 112** European emergency help number