

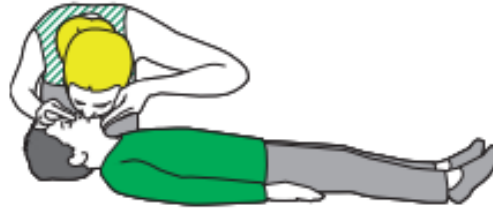
## WHAT TO DO IF A CHILD HAS STOPPED BREATHING NORMALLY

### 1. Call 999/112 for emergency help

- > If you're alone, give one minute of CPR before calling on a speaker phone

### 2. Breathe

- > Open the airway
- > Pinch their nose firmly closed
- > Put your lips around their mouth and blow steadily until their chest rises
- > Give five initial rescue breaths



### 3. Pump

- > Using the heel of one hand in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



### 4. Repeat

- > Give two rescue breaths followed by 30 chest compressions
- > Continue CPR until help arrives.

## WHAT TO DO IF SOMEONE IS UNRESPONSIVE

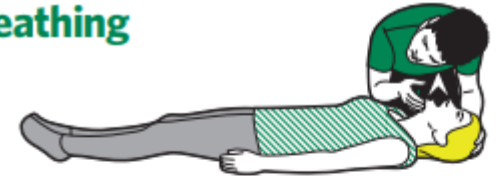
### 1. Open their airway

### 2. Tilt head



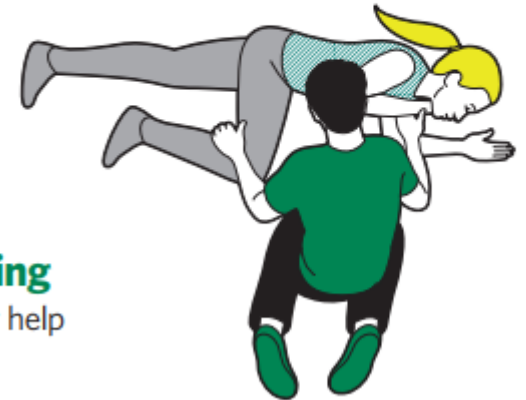
### 3. Check for normal breathing

- > Look, listen and feel



### 4. If they're breathing

- > Put them in the recovery position
- > Then call 999/112 for an ambulance



### If they're not breathing

- > Call 999/112 for emergency help
- > Start CPR.



# FIVE WAYS YOU CAN SAVE YOUR BABY'S LIFE

## WHAT TO DO IF YOUR BABY IS CHOKING

### 1. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Give up to five back blows between their shoulder blades with the heel of your hand



### 2. Check their mouth

- > Lay your baby on your thigh face up
- > Carefully pick out any obvious objects with your fingertips

### 3. Squeeze it out

- > Using two fingers, give up to five downward chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



### 4. Call 999/112

- > Take your baby with you and call 999 or 112
- > Repeat steps 1 to 3 until help arrives or your baby stops choking.

## WHAT TO DO IF YOUR BABY IS UNRESPONSIVE

### 1. Check for a response

- > Tap their foot and call their name
- > If no response, shout for help



### 2. Open their airway

- > Gently tilt the head back



### 3. Check for breathing

- > Look, listen and feel



### 4. If they are breathing

- > Hold them in the recovery position (see below)
- > Call 999/112 for help

### If they are not breathing

- > Call 999/112
- > Give CPR until help arrives.

## WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING

If your baby is unresponsive and they are not breathing, follow these steps to perform CPR.

### 1. Call 999/112 for an ambulance

- > If you're alone, give one minute of CPR before calling on a speaker phone

### 2. Breathe

- > Open airway
- > Put your lips around their mouth and nose and blow steadily for up to one second
- > Give five initial rescue breaths



### 3. Pump

- > Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



### 4. Repeat

- > Give two rescue breaths followed by 30 chest compressions
- > Continue CPR until help arrives.

## WHAT TO DO IF YOUR BABY HAS A SEIZURE (FIT)

Make it safe

### 1. Clear objects that may cause your baby injury

### 2. Don't try to restrain them

- > Put soft padding around them

### 3. Cool them

- > Take away bedding and remove a layer of clothing when the seizure has stopped

### 4. Put them in the recovery position

### 5. Call 999/112 for emergency help

- > When seizure has stopped, put them in the recovery position while you wait.



## HOW TO HOLD A BABY IN THE RECOVERY POSITION

### 1. Cradle them in your arms, with their head tilted downwards



### 2. Call 999/112 for emergency help

### 3. Monitor their breathing, pulse and level of response.

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# FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

## WHAT TO DO IF SOMEONE IS CHOKING



### 1. Cough it out

- > Encourage the person to keep coughing



### 2. Slap it out

- > Give up to five sharp back blows between their shoulder blades.
- > Check their mouth



### 3. Squeeze it out

- > Give up to five abdominal thrusts
- > If that doesn't work call 999/112.

## WHAT TO DO IF SOMEONE IS BLEEDING

### 1. Press it



- 3. Secure dressing with a bandage to maintain pressure
- 4. Treat for shock.

### 2. Call 999/112 for emergency help



## WHAT TO DO IF SOMEONE IS UNRESPONSIVE

### 1. Open their airway

### 2. Tilt head



### 3. Check for normal breathing for up to 10 seconds



### 4. If they're breathing normally:

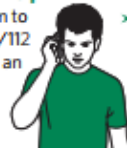
- > Put them in the recovery position
  - > Then call 999/112 for emergency help
- If they're not breathing**
- > Call 999/112 for emergency help
  - > Start CPR.



## WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

### 1. Call for help

- > Tell them to call 999/112 and find an AED



### 2. Pump

- > 30 Chest compressions at a rate of 100-120 per minute



### 3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

## WHAT TO DO IF SOMEONE HAS HAD A HEART ATTACK



### 1. Call 999/112 for emergency help



### 2. Sit them down

- > Rest, supported with knees bent



### 3. Give them aspirin

- > 300mg dose to chew\*.

\*Do not give aspirin if the person is under 16 or allergic. Help them use their angina medication if they have it.

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