

FIRST AID



Choking first aid for babies under 1 year old

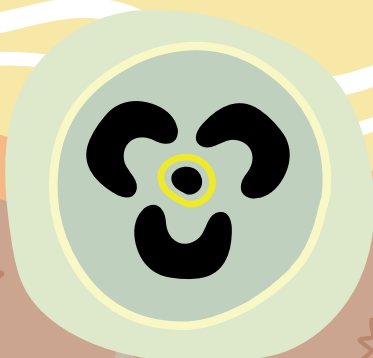
- ✓ Call triple zero (000)
- ✓ Place the baby on your lap or arm, with their head lower than their body - make sure you have a tight hold on them
- ✓ Give five back blows with the heel of your hand between the baby's shoulder blades.
- ✓ Check if what is making them choke has been removed after each blow.
- ✓ If they are still choking, lay baby on their back and give 5 chest pushes
- ✓ Do 5 back blows, 5 chest pushes and breath checks until the blockage moves or emergency help arrives



Choking first aid for babies over 1 year old

- ✓ Call triple Zero (000)
- ✓ Ask the child to cough to help remove what is making them choke - if it doesn't, bend the child forward and use the heel of your hand to give 5 firm back blows between the shoulder blades. Check between each blow to see if what is making them choke has been removed
- ✓ If they are still choking, do 5 chest pushes by putting one hand in the centre of their chest and the other in the middle of their child's back, and pushing. Check to see if the blockage has cleared between each thrust.
- ✓ If the child is still choking, alternate five back blows and five chest thrusts until emergency help arrives.

Proudly created by Maddi Moser (Chlo & Co Creatives), Taungurung Mob



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Burns and Scalds

- ✓ **Remove** – yourself from danger. Remove any clothing and jewellery from the burn area unless it's stuck to the skin
- ✓ **Cool** – place the burn under cool running water for 20 minutes. Never use ice, oil or butter on a burn as these can make it worse
- ✓ **Cover** the burn with a clean damp cloth
- ✓ **Seek** – visit a doctor if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or blistered

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