



First Aid for Life

Would you know how to cope with a medical Emergency? Every day children die needlessly in the UK when basic first aid would have saved their lives. Would you know what to do?

Every parent should know what to do in an emergency. A fact of life is that children do have accidents and although most are thankfully minor it should be top priority to learn first aid. In excess of half a million toddlers are rushed to accident and emergency each year following accidents in the house – with an average of 76 under 4s dying as a result. Furthermore, a further quarter of a million toddlers are injured or killed in garden-related incidents.

Most common emergencies for babies and toddlers:

- Choking
- Burns and Scalds
- Cuts and Bruises
- Unconscious or not breathing

Accidental injury is one of the biggest single causes of death in the UK for children over the age of one. More children die each year as a result of accidents than from illnesses such as leukaemia or meningitis.

Many of the accidents that happen in and around the home can be avoided.

By identifying and understanding potential accident risks in the home, you can take some basic safety steps that will keep your children safe and give you peace of mind. Most young children have some injuries and accidents. Most will be minor, but it's sensible to know what to do if the accident or injury is more serious.

General Safety Advice from RoSPA:

- Children should be supervised at all times.
- Keep floors free of toys and obstructions that can be tripped over.
- Always use a securely fitted safety harness in a pram, pushchair or highchair.
- Never leave babies unattended on raised surfaces
- Do not place baby bouncers on raised surfaces – they could fall off with the movement of the baby.
- The use of baby-walkers and table-mounted high chairs is not recommended.

Children need to be able to explore and enjoy their environment, they shouldn't be wrapped in cotton-wool. However basic sensible

precautions to keep them safe, along with the knowledge as to what to do if an accident should happen, will make a difference. First Aid is not one of those areas that can be learnt from a book, there is no substitute for attending a practical course and having a go at resuscitating a manikin or removing an obstruction from a choking baby.

The Emergency course is a 3 hour course covering care of the unconscious adult, baby and child as well as most commonly occurring injuries and illnesses: bleeding, breaks, bleeds, burns, head injury, fitting, meningitis. These courses are run in small groups and everyone receives a course manual and an Emergency First Aid Certificate valid for 3 years. The cost for these courses is £60pp on a weekday and £65 at a weekend. Weekday courses are held in Balham SW12 and weekend ones in Westminster.

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