

# PAEDIATRIC FIRST AID

## 1. Introduction to Paediatric First Aid

- The role of a paediatric first aider
- Legal considerations in paediatric first aid
- Basic principles of paediatric first aid (DRABC – Danger, Response, Airway, Breathing, Circulation)

## 2. Assessment of the Casualty

- Primary and secondary surveys
- Scene safety and risk assessment for children
- Casualty history and vital signs

## 3. CPR and Resuscitation

- Cardiac arrest recognition in children
- Performing CPR (Child, Infant)
- Use of an Automated External Defibrillator (AED)

## 4. Choking

- Treatment of a conscious child
- Treatment of an unconscious child

## 5. Wounds and Bleeding

- Types of bleeding (arterial, venous, capillary)
- Controlling external bleeding (direct pressure, dressing, bandages)
- Wound care and infection prevention

## 6. Shock

- Recognising signs and symptoms of shock in children
- Treatment for different types of shock (hypovolemic, anaphylactic, etc.)

## **7. Fractures and Musculoskeletal Injuries**

- Recognising and managing fractures in children (splinting techniques)
- Dislocations and sprains
- Principles of immobilisation

## **8. Burns and Scalds**

- Types of burns (thermal, chemical, electrical)
- First aid for burns (cooling, dressing)
- Treatment for scalds

## **9. Head, Neck, and Spinal Injuries**

- Identifying head, neck, and spinal injuries in children
- Basic management (including the recovery position)
- Immobilisation techniques

## **10. Medical Emergencies**

- Managing asthma attacks in children
- Heart attack and stroke recognition in children
- Diabetes (hypoglycaemia and hyperglycaemia) in children
- Seizures and epilepsy

## **11. Environmental Injuries**

- Recognising and managing heatstroke and hypothermia in children
- Dealing with sunburn, frostbite, and heat exhaustion in children

## **12. Poisoning**

- Signs and symptoms of poisoning in children
- First aid for ingested, inhaled, or absorbed poisons
- Use of activated charcoal and hospital referral

## **13. Eye, Ear, and Nose Injuries**

- First aid for eye injuries (foreign objects, abrasions, burns)
- Treating ear injuries (punctures, bleeding, infection)
- Managing nosebleeds and nasal injuries

#### **14. Minor Injuries and Illnesses**

- Treatment for cuts, abrasions, and bruises in children
- Sprains, strains, and muscle injuries
- First aid for common childhood illnesses (e.g., colds, headaches)

#### **15. First Aid Kit and Equipment**

- Contents and use of a paediatric first aid kit
- Basic medical equipment and tools for children
- Appropriate use of medical supplies in child emergencies

#### **16. Incident Reporting and Record Keeping**

- Incident reporting procedures for paediatric first aid
- Maintaining records of accidents and injuries in children
- Legal and regulatory considerations for children