CPR and First Aid Guidelines
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When Emergencies Arise

- Emergencies happen all too often and early intervention can save a life.

- CPR and first aid skills are important for caregivers and parents to know.
What is CPR?

- CPR combines rescue breathing and chest compressions.
- Rescue breathing provides oxygen to the person's lungs.
- Chest compressions keep oxygen-rich blood flowing until the heartbeat and breathing can be restored.
Five Links in the Adult Chain of Survival

- Immediate recognition of cardiac arrest and activation of the emergency response system
- Early CPR with an emphasis on chest compressions
- Rapid defibrillation
- Effective advanced life support
- Integrated post-cardiac arrest care

Photo Source: American Heart Association
CPR Instructional Video

Hands-Only Instructional Video on CPR
(click on link)
What is an Automated External Defibrillator (AED)?

- An automated external defibrillator (AED) is a portable device that checks the heart rhythm.
- Learning how to use an AED and taking a CPR course are helpful.

Photo Source: National Institutes of Health
Texas Guidelines

In Texas, a caregiver trained in CPR must be on duty at all times in a child care facility.
CPR - CHILD 1 TO 8 YEARS OLD
Check for Responsiveness

Check for responsiveness

If there is no response, shout for help

Carefully place the child on his or her back

Photo Source: American Accreditation Health Care Commission (www.urac.org)
Chest Compression

Perform chest compressions

Photo Source: American Accreditation Health Care Commission (www.urac.org)
Child Not Breathing

Open the airway

Look, listen and feel for breathing

Continue CPR

Photo Source: American Accreditation Health Care Commission (www.urac.org)
FIRST AID
First Aid Kit

A good first aid kit should always be checked and periodically restocked.
Using First Aid

Caregivers should complete basic first aid training before beginning child care employment.
Handling Medical Emergencies

Caregivers must be trained in first aid to handle medical emergencies such as:

• Preventing severe blood loss
• Helping the child to maintain breathing
• Diluting or removing poisons from the child’s body
• Preventing shock
• Treating burns properly
• Immobilizing head and back injuries
First Aid Techniques

Preventing Severe Blood Loss

• First aid for severe bleeding is to apply direct pressure firmly to the wound with a clean dressing held in place by the hand of an adult.

Helping the Child to Maintain Breathing

• Time is very important when dealing with an unconscious child who is not breathing.
• Permanent brain damage or even death can occur!
First Aid Techniques

Poisons
It is important to dilute the poison or remove the poison from the body before the body absorbs it.

Preventing Shock
• Keep the child lying flat on the back
• Use a blanket
• If the child is thirsty, moisten the lips
• Get medical help as soon as possible
First Aid Techniques

Treating Burns Properly
- Do not chill the burn or submerge the child in cold water
- Cover the burned areas with a loose dry sterile dressing
- Do not use ointments or antiseptics

Head and Back Injuries
- Do not move the child other than life-threatening circumstances
- Treat for shock
- Call for emergency medical assistance
What to Do About Conscious Choking

Conscious Choking
Cannot Cough, Speak, Cry or Breathe

1. Give 5 Back Blows
   - Adult
   - Child
   - Infant

2. Give 5 Abdominal Thrusts
   - Adult
   - Child
   - Infant (chest thrusts for infant)

3. Repeat steps 1 and 2 until the:
   - Object is forced out.
   - Person can cough forcefully or breathe.
   - Person becomes unconscious.

What to Do Next
- If person becomes unconscious — Carefully lower the person to the ground and give CPR for unconscious choking, beginning with looking for an object.
- Continue CPR if necessary.

American Red Cross

(click on poster)

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What is the Universal Distress Signal for Choking?
The Universal Distress Signal for Choking

Choking First Aid – Adult or Child Over One Year

Photo source: A.D.A.M. Multimedia Encyclopedia

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Hand Washing

- After providing first aid care
- Immediately after being exposed to contaminants, such as blood or other body fluids
- After using the restroom
- Before and after handling food
Reporting Accidents and Injuries

Reporting incidents should be done according to established center policies.
Emergency Contact Sheet

Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

Poison Control Center: 1-800-222-1222
Hospital Name: Phone:
Doctor's Name: Phone:
Dentist's Name: Phone:
Pharmacy Name: Phone:
Health Insurance Plan: Phone:
Policy #: Phone:

FAMILY CONTACT NUMBERS

Parents' Names:
Kids' Names:
Address:
City: State: Zip:
Home Phone:
Mom Cell #: Mom Work #:
Dad Cell #: Dad Work #:
Emergency Contact 1
Name:
Relationship:
Phone:
Emergency Contact 2
Name:
Relationship:
Phone:

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.
Babysitting Basics

Babysitting Basics Online Course: Overview
(click on link)
Questions?
References and Resources

Images:
American Accreditation Health Care Commission
http://www.urac.org

American Red Cross
Conscious choking poster.

American Red Cross
Hand washing poster.

Microsoft Clip Art: Used with permission from Microsoft.
National Institutes of Health
http://www.nih.gov/

Textbook:

Websites:
American Heart Association
What is CPR?
http://www.heart.org/HEARTORG/CPRAndECC/WhatisCPR/What-is-CPR_UCM_001120_SubHomePage.jsp

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Every parent should know how and when to administer CPR. When performed correctly, CPR can save a child’s life by restoring breathing and circulation until advanced life support can be given by health care providers.  

http://kidshealth.org/parent/firstaid_safe/emergencies/cpr.html

CPR – Child 1 to 8 years old  

American Heart Association  
Official 2012 Hands-Only CPR Instructional Video  
http://youtu.be/zSgmledxFe8

American Red Cross  
Babysitting Basics Online Course: Overview  
http://youtu.be/-sIMpZJaPZ4