

## To handle an emergency situation, use Emergency Scene Management (ESM).

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help.

### NOTE:

Protect yourself and others by wearing non-latex gloves when giving first aid. Use a shield or face mask with a one-way valve when giving CPR.

## Cardiopulmonary Resuscitation (CPR)

1 Open airway – push back on forehead and lift chin.

OPEN AIRWAY  
CHECK FOR  
BREATHING



2 Check breathing. If the casualty is not breathing. . .

3 Pinch nose of a child and make a tight seal over the mouth. Give 2 breaths.

BREATHE INTO  
CASUALTY 2X



4 Make sure casualty is on a firm flat surface.

5 Place hands on centre of chest.

6 Position shoulders directly over hands and keep elbows locked.

7 Compress firmly 30 times then give 2 breaths. Push hard, push fast. Continue cycles of 30 compressions and 2 breaths until help arrives.

PLACE HANDS ON  
CENTRE OF CHEST



COMPRESS FIRMLY 30 TIMES THEN  
GIVE 2 BREATHS. CONTINUE  
CYCLES OF 30 COMPRESSIONS AND  
2 BREATHS UNTIL HELP ARRIVES.



St. John Ambulance

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## Choking (Child)

If a choking child can speak, breathe or cough – **STAND BY** and encourage coughing. If a conscious child cannot speak, breathe or cough:

- 1 Stand behind the child and find top of the hip bones with your hands.
- 2 Place a fist midline against the abdomen.
- 3 Grasp fist with other hand and press inward and upward forcefully.
- 4 Continue until object is expelled or child becomes unconscious.



MAKE A FIST



THRUST INWARD AND UPWARD



If the child becomes unconscious ease him or her to the ground and send for medical help:

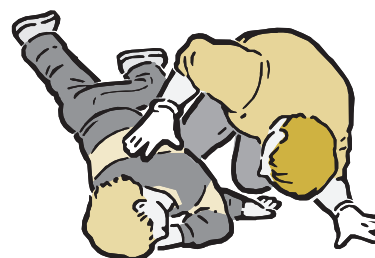
- 1 Open the mouth and look for obstruction.
- 2 Open the airway and check breathing. If not breathing. . .
- 3 Give two breaths. If air doesn't go in the first time, reposition the head and try again.
- 4 Begin CPR. Give 30 compressions. (See facing page)
- 5 Each time you finish 30 compressions, look in mouth before giving a breath.

## Unconsciousness

Get medical help. Make certain the child is breathing and then place in the recovery position.

If not breathing begin CPR.

Keep the casualty lying down.



RECOVERY POSITION

## Bleeding To control severe bleeding

Immediately apply direct pressure to the wound over a pad of dressings.



CONTROL BLEEDING IMMEDIATELY

**NOTE:** This information is provided as a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.