



Essential baby first aid

WHAT TO DO IF YOUR BABY IS CHOKING

1. CHECK THEIR MOUTH

- If you can, pick out the object carefully with your fingertips

2. SLAP IT OUT

- Lay your baby face down on your thigh and support their head
- Give up to five sharp blows between their shoulder blades with the heel of your hand



3. SQUEEZE IT OUT

- Lay your baby face up along your thigh
- Using two fingers, push inwards and upwards
- Give up to five chest thrusts
- Repeat up to three times if necessary
- If the obstruction hasn't cleared call 999/112 for an ambulance
- Repeat until the blockage clears or the ambulance arrives. If your baby stops breathing, start CPR.



WHAT TO DO IF YOUR BABY IS HAVING A SEIZURE

1. CLEAR OBJECTS THAT MAY CAUSE INJURY

2. DON'T TRY TO RESTRAIN THEM

- Instead, protect them. Put pillows or soft padding around them



3. COOL THEM

- Take away bedding and remove a layer of clothing

4. CALL 999/112 FOR AN AMBULANCE

- When the seizure has stopped, put them in the recovery position while you wait.

WHAT TO DO IF YOUR BABY SUFFERS A BURN

1. COOL THE BURN

- Move them away from heat
- Run the burn under cold water for at least 10 minutes
- Don't use ice, creams or gels



2. PROTECT

- Remove the baby's clothing unless it's stuck to the burn
- Cover the burn with cling film or a clean plastic bag



3. SEEK HELP

- Call 999/112 for an ambulance or take them to the hospital.

WHAT TO DO IF YOUR BABY IS NOT RESPONDING TO YOU

1. CHECK FOR A RESPONSE

- Tap their foot or call their name



2. OPEN THEIR AIRWAY



3. GENTLY TILT THE HEAD BACK AND CHECK FOR BREATHING

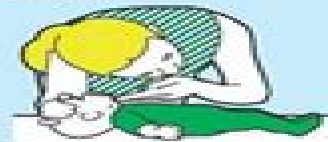
- Place your ear above their mouth and nose

If your baby is breathing

- Hold them in the recovery position

If your baby is not breathing

- Begin CPR



BABY CPR – WHAT TO DO IF YOUR BABY ISN'T BREATHING

If your baby is not responding to you and they are not breathing, follow these steps to perform CPR.

1. CALL 999/112 FOR AN AMBULANCE

- If you're on your own, you need to give one minute's worth of CPR before you can call for help

2. 5 PUFFS

- Put your lips around their mouth and nose and blow steadily for up to one second
- Give five puffs.



3. 30 PUMPS

- Using two fingers in the centre of the chest, give 30 pumps at a rate of 100-120 per minute



4. REPEAT 3 PUFFS AND 30 PUMPS

- Give two puffs followed by 30 pumps
- Continue CPR until help arrives.

HOW TO HOLD YOUR BABY IN THE RECOVERY POSITION

If your baby is not responding to you but is breathing, you will need to hold them in the recovery position until help arrives.

1. Cradle them in your arms, with their head tilted downwards

- 2. Call 999/112 for an ambulance
- 3. Monitor their breathing, pulse and level of response.



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Pal Video First Aid For Infants

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