



FIRST AID TRAINING FOR EARLY YEARS & SCHOOLS

In **Safe** Hands

NEW CHILD RESUSCITATION GUIDELINES 2010

DANGER

Is it safe?

RESPONSE

Talk to them, tap them on the shoulder.

SHOUT FOR HELP

Is a defibrillator available?

AAIRWAY

Open the airway as shown.

BBREATHING

Is it normal or abnormal?
(check for no more than 10 seconds)



NORMAL BREATHING - 999 or 112

ABNORMAL BREATHING - 999 or 112

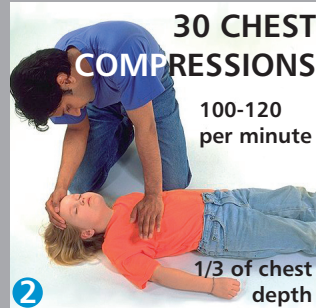
The Recovery Position



START BASIC LIFE SUPPORT AS SOON AS POSSIBLE



5 BREATHS



30 CHEST COMPRESSIONS

100-120 per minute

1/3 of chest depth



over 1sec each

2 BREATHS

REPEAT 2 & 3



Health & Safety Executive

Approved Training Centre
61/08



In Safe Hands can supply training in:

First Aid for Schools, First Aid for Work, Paediatric First Aid (Ofsted compliant),
Emergency First Aid at Work, Health & Safety, Food Safety & much more.

Tel: 0844 800 9902 www.insafehandstraining.com

TRAINING AVAILABLE IN SCHOOL OR WITH US

In Safe Hands accepts no responsibility for injury or other in using the above, this is guidance and should not be a substitute for formal training.