



FIRST AID TRAINING FOR EARLY YEARS & SCHOOLS

In **Safe Hands**
Experts in Training

DANGER

Is it safe?

RESPONSE

Talk to them, tap them on the shoulder.

SHOUT FOR HELP

Is a defibrillator available?

AIRWAY

Open the airway as shown.

BREATHING

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

Recovery position for babies
unable to sit unaided



Recovery position for older
babies and children



**START BASIC LIFE SUPPORT
AS SOON AS POSSIBLE**



5 BREATHS



30 CHEST COMPRESSIONS

1/3 of chest depth
100-120 per minute



2 BREATHS
over 1sec each

REPEAT 2 & 3

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 YOUR BUSINESS OR WITH US

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