

FIRST AID TRAINING FOR EARLY YEARS & SCHOOLS

In **Safe** Hands
Experts in Training

DANGER
Is it safe?

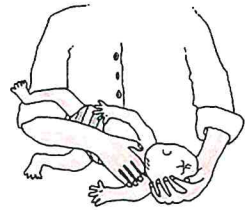
RESPONSE
Talk to them, tap them on the shoulder.

SHOUT FOR HELP
Is a defibrillator available?

AAIRWAY
Open the airway as shown.

BBREATHING
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 other in using the above, this is guidance and should not be a substitute for formal training.



In **Safe** Hands
Experts in Training

999

Emergency

111

**National
non-emergency
medical number**

112

**Emergency number
112 will work on
most mobile phones
anywhere in the
world**

101

**Non-emergency
number for the
police**