



First Aid and Emergencies

For most kids, the inevitable bumps and bruises of childhood are just a part of growing up, and for most parents, dealing with a serious cut or a suspected broken arm is a right of passage we all wished we didn't have to go through. Not knowing how to treat an injury can be just as upsetting as the injury itself, so make sure you arm yourself with the basic First Aid knowledge. It is also recommended you do a family first aid course, as well.

What to do in an Emergency:

In any emergency, particularly one involving children, it is important to keep calm and think and act logically. There are four basic steps:

- **Assess the situation.** Try to find out exactly what has happened and why. Is there an ongoing risk to your child? Are there any other injured people? Should you call an ambulance?
- **Don't risk endangering yourself.** While it is the first reaction of most parents to ignore the potential risks to them while helping their child, it is worth remembering that you won't be able to help him if you become a casualty yourself. So remove your child from any source of danger if you can without injuring yourself, or ring an ambulance and wait for help.
- **Serious injuries need to be treated quickly.** Any injuries that threaten your child's life must be dealt with immediately. These usually involve either serious loss of blood, or the inability to breathe.
- **Get help.** Don't try to save your child - or others - on your own. Shout for help and direct them to do whatever is necessary - call an ambulance, help with first aid, move your child, clear the area.

Telephoning For Help:

If you need to call 000 in an emergency, you should be able to give the following information:

- Your exact location and the location of the accident (they are sometimes different)
- How many people are hurt
- The extent of the injuries
- What emergency service you require
- your contact phone number