



# Common First Aid Emergencies in Children

Concern	Description	Recognition	Treatment
Shock	Disruption to the blood circulatory system that can lead to unconsciousness and death.	Pale, ashen, cold clammy skin. Rapid pulse, becoming weaker. Rapid shallow breathing. Nausea & vomiting. Decreasing consciousness.	Identify and treat cause of shock – keep head low – raise legs slightly to allow blood to flow to vital organs – monitor vital signs.
Asthma	Constriction of the air passages making breathing difficult.	Wheezing & coughing. Distress & anxiety. Severe – difficulty talking, blue lips, rapid pulse.	Reassure & sit casualty upright. Treat with blue asthma pump. If no improvement in 5 minutes ring 999 or 112 for ambulance.
Anaphylaxis	A severe allergic reaction triggered by a certain food, drug or insect sting.	Anxiety. Blotchy rash & puffy eyes. Swelling of throat and tongue. Difficulty breathing. Signs of shock.	Call for ambulance. If casualty has Epi-pen (adrenaline injection) help administer.
Seizure	Usually caused by febrile convulsions or epilepsy.	Muscle twitching, clenched fists & arched back. May also have fever, unusual eye movement, breath holding, reduced consciousness.	Remove any hard objects from around child. Dial 999 or 112 for ambulance. Place in recovery position.
Fractures	Broken bones.	Recent blow or fall. Difficulty moving. Severe pain & tenderness. Distortion, swelling or bruising.	If open fracture treat bleeding by pressure to sides of wound. If closed fracture make casualty comfortable. Ring 999 or 112 for ambulance and/or parent.
Head Injuries	Any blow to head causing concussion (brief unconsciousness) can be potentially life-threatening	Blow to head. Loss of consciousness. Dizziness and nausea. Loss of memory about event. Generalised headache.	Any loss of consciousness for more than a few seconds ring ambulance. If unconscious call ambulance treat as also having neck injury. Children with brief concussion should still see a doctor.
Bleeding	Open wounds leading to blood loss and risk of infection.	Visible wound & bleeding. Staining of clothes. Signs of shock.	Wear gloves. Control bleeding by direct pressure to wound. Cover with dressing(s) applied firmly to wound. Elevate above heart if possible.

