

# Childcare First Aid Kit and Plasters



Sterostrip-Washproof

## The plaster range that's safe for childminders, schools and nurseries, to use on children

There are no rules that state a responsible adult can't put a plaster on a child's minor cut. This is another example of how **"Health & Safety"** has been misquoted.

All of Steroplast's washproof hypoallergenic plasters are perfect for a child's sensitive skin. Some children have allergies to the adhesive used on fabric plasters i.e. plasters that contain latex, which is why we recommend you use Steroplast or our retail range shown below:



16's Clear

16's Washproof

Blister Cushions

Large Plasters

## The Childcare First Aid Kit Order code - 8170

The contents are based on a combination of advice from the **National Childminding Association (NCMA)**, the **Health & Safety Executive (HSE)**, and the **Pre-School Learning Alliance**.

Steroplast have consulted with the editor of a First Aid manual and **OFSTED**, themselves to give you a 100% guarantee that if it has the Steroplast name on it, this is approved and safe for use on children.

☎ To order call **0161 902 3030**  
 ✉ email [marketing@steroplast.co.uk](mailto:marketing@steroplast.co.uk)  
 🖥 or visit [www.steroplast.co.uk](http://www.steroplast.co.uk)



# Choking & CPR Treatment for a Baby (Under 12 months)

- Shout for help and **DO NOT** leave the baby
- Lay the baby over your arm, face down with each leg either side of your elbow, keeping their head below their chest (If baby is larger, use your leg as extra support)

## If the obstruction has not cleared

- Turn the baby over facing upwards on your arm, lowering their head below their chest
- Give up to 5 chest thrusts using 2 fingers – in a

- Give 5 firm back blows between the shoulder blades with your hand
- Check after every back blow if the obstruction is clearing
- Stop if the obstruction is cleared

similar position as to where you would commence compressions.

- Stop if the obstruction is cleared

**Never finger sweep a baby's mouth**

## If the obstruction has still not cleared:

Repeat the cycle of 5 back blows and 5 chest thrusts and call 999/112 and continue to repeat this process until medical help arrives.

## If the baby becomes unconscious and is not breathing normally:

Place baby on a hard flat surface and start CPR, ensuring 999/112 has been called. If you are on your own, give 1 minute of CPR and then call 999/112.

- Open the baby's airway by tilting the head and lifting the chin
- Form a seal around the baby's mouth and nose with your own mouth
- Give 5 initial rescue breaths (enough air to see the baby's chest rise)

- Give 30 compressions on the chest, at least a third of the depth using 2 fingers
- Open the airway and give 2 further rescue breaths
- Continue repeating this treatment in a cycle of 30 compressions to 2 rescue breaths
- Do not stop until medical help arrives OR the baby begins to breathe normally

**After receiving chest thrusts a baby requires medical treatment  
Never perform abdominal thrusts on a baby**



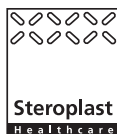
# Child CPR (12 months to puberty)

## If the child becomes unconscious and is not breathing normally:

Place the child on a hard flat surface and start CPR ensuring 999/112 has been called. If you are on your own, give 1 minute of CPR and then call 999/112. Shout for an AED.

- Open the airway by tilting the head and lifting the chin
- Form a seal around the child's mouth with your own mouth and pinch the nose
- Give 5 initial rescue breaths (enough air to see the child's chest rise)

- Give 30 compressions on the chest, at least a third of the depth using 1 or 2 hands as required
- Open the airway and give 2 further rescue breaths
- Continue repeating this treatment in a cycle of 30 compressions to 2 rescue breaths
- Do not stop until medical help arrives OR the child begins to breathe normally



For a complete range of First Aid products visit our website [www.steroplast.co.uk](http://www.steroplast.co.uk)

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