



First Aid Guidelines

- Treat all children with tender, loving care.
- Always wear gloves when dealing with vomit or bleeding.
- All children must be encouraged to **walk** to first aid area. Any child who cannot comply for any reason must be reassured but not picked up and a first aider informed immediately.
- Always log any **first aid** given in the First Aid Folder. If only washing hands and cleaning mud from the body, this is not first aid so a form is not needed.

Cut and grazes

- 1) Clean and dry with gauze swabs and water (in spray bottle)
- 2) Use a plaster to cover the wound, if necessary, as you would when dealing with your own child.
- 3) If you have any further concerns seek advice from first aider e.g. if something is embedded, or bleeding is severe, as parents may need to be informed.
- 4) Complete the incident log & take-home sheet and pass this to relevant teacher. Common sense should be used as to whether parents need to be informed with a general first aid form.

Head Bumps – Any injury to the skull is a Head bump and must be taken seriously

- 1) Apply cold compress using cold water or gel pack (kept in fridge).
- 2) Assess for any signs of concussion: pupil dilation, blurred vision, dizziness, nausea.
- 3) If no signs of distress – complete the incident log & take-home sheet and pass this to relevant teacher.
- 4) Please attach a Head bump sticker to the child and ask them to tell their teacher if feeling unwell.
If any concerns – please inform first aider who will then assess and advise. Parents will be informed of any concerns.

Stings

- 1) Wash and dry with gauze swabs.
- 2) If sting is still present and can easily be removed then it may be removed.
- 3) If sting is still present and cannot easily be removed, parents consent must be obtained and their preferred treatment adhered to.
- 4) Observe for signs of allergy: severe swelling, and/or rash.
- 5) Complete the incident log & take-home sheet and pass this to relevant teacher.

Nose bleeds

- 1) Wearing gloves pinch the bridge of the nose and ask child to lean slightly forward.
- 2) Hold this position for up to 10 minutes. After this time the nose must be released and left to bleed for 2/3 minutes before resuming the hold.
- 3) If nose bleed has stopped, complete the incident log & take-home sheet and pass this to relevant teacher.
- 4) If nose bleed continues first aider must be informed and parents may need to be contacted.

Seizures

- 1) If a child starts to have a seizure, do not touch or try to move them.
- 2) Observe the fit, moving obstacles including other children out of the immediate area.
- 3) After a short seizure, allow the child to rest then assist them to first aid for further rest.
- 4) Notify the parents and follow their advice.
- 5) If the fit lasts for longer than 3 minutes inform the first aider.
- 6) Any child experiencing their seizure fit needs medical guidance.