

# First Aid

## Choking:

If your baby is choking:

- Call triple zero (000).
- Place the baby on your lap or forearm, with their head lower than their body - make sure you have a tight hold on them.
- Give five back blows with the heel of your hand between the baby's shoulder blades – check if what is making them choke has been removed after each blow.

## Burns and Scalds:

- Remove all jewellery.
- Remove any clothing immediately if not stuck to the skin.
- Place all burns and scalds under cool running water for 20 minutes. This can be done up to 3 hours after the burn has occurred, but it is best to be done as soon as possible.
- If cool running water is not available, use a bucket and cloth - put a clean damp cloth over the burn and keep wetting it with cool water from the bucket for 20 minutes.
- Once you have cooled the burn, cover it with Cling Wrap or a clean cloth - keep patient warm.
- Do NOT use ice, oil, butter or ointments on the burn. These can further damage the skin.
- Seek medical attention if the burn is bigger than a 20 cent coin or the burn is on the face, hands, feet or genitals.

