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Safety in the home



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SAFETY IN THE HOME

HOME SAFETY - THE PROBLEM

There are about 2.8 million home accidents in the UK each year where the victim visits a hospital Accident and Emergency department for treatment. In addition, there are a similar number of cases where a General Practitioner has treated the victim as well as millions of minor cases that are treated at home.

Every year in the UK there are around 3,000 deaths because of home accidents – more than on the roads.

More than a third of all accidents to adults take place in the home, the largest single cause of accidents in the UK.

Each year almost a million children under the age of 15 seek hospital attention following a home accident.

Around 1500 over 65's die after a fall in the home.

BURNS & SCALDS

Every year over 100,000 people injured by burns or scalds need to visit hospitals. These were caused by a wide variety of causes, and can vary from minor to fatal.

Children under 5 years old suffer nearly 45% of all severe burns and scalds accidents. About 50% of these accidents happen in the kitchen.

Every 1½ minutes someone in the UK is burnt or scalded in an accident.

112,000 people visit Accident and Emergency units each year suffering from the affects of burns or scalds incurred in the home or leisure activities. At least a further 250,000 people visit GP surgeries for burns and scalds injuries.

7,765 people each year (21 people each day) are admitted as in-patients to A&E departments or specialist burns units suffering severe injuries from accidents involving burns and scalds. 211 people each year (4 a week) die because these injuries.

An estimated 58% of all severe injuries (ie 4,500 a year or over 12 a day) involve victims being admitted for 5 or more days as in-patients at hospitals or specialist burns units. Many of these victims suffer extensive full thickness burns and need plastic surgery, often for many years following the accident. Apart from the obvious physical pain, many victims (and parents of children that are burnt or scalded) suffer acute psychological distress for many years.

Source: DTI report 'Burns & scalds accidents in the home' (June 1999)

CHOKING

Choking is defined as a blockage of the airway by a foreign body preventing passage of air to the lungs. The blockage can occur in the back of the throat (pharynx) or further down in the trachea or bronchi. If the blockage prevents the flow of air, anoxia can result and this leads to permanent brain damage in about two minutes and death in about three minutes.

Sometimes when a foreign body is swallowed ie passes into the oesophagus and then to the stomach, the reactions of the patient appear similar to choking and such cases are sometimes classified as choking rather than swallowing. Such cases are normally much less life-threatening unless the size of the object in the oesophagus is that it puts pressure on the trachea and closes it.

In some rare cases, choking may occur when the foreign body is swallowed but lodges in the oesophagus, pressing the posterior wall of the trachea and reducing its capacity to pass air freely. Even more rarely, the foreign body, after having entered the airway and caused a vagal type reflex, returns to the pharynx and continues down to the stomach.

The most common objects involved in choking accidents are food items.

SAFETY WITH MEDICINES AND CLEANERS

Chemical preparations of any sort, whether in the form of medicines or household cleaners should always be treated with caution.

Consider having a proper lockable medicine cabinet.

Keep medicines in their original containers, clearly labelled.

Avoid taking other people's medicine, or letting others take yours.

Return leftover medicines to the pharmacist for destruction – don't hoard them.

Keep medicines and all chemical products such as bleach, turpentine and caustic soda where children can't see or reach them.

Chemicals used in the garden, garage or workshop need to be used and stored with great care. Store them in a safe place where children can't see or reach them.

PESTICIDES

The Pesticides Safety Directorate has been warning gardeners to check their shed and throw out pesticides that are now banned. Its website lists 81 pesticides that are now banned. It warns gardeners to dispose of unwanted pesticides safely through their local Council Household Waste site. It points out the importance of checking with your local Council before how it will accept these products. Pesticides shouldn't be disposed of down sinks, drains or toilets.

CHILD SAFETY

- Babies and young children depend on you for safety.
- Be aware of your baby's changing abilities and learn to look at them from a safety point of view.
- Always keep an eye on children at play.
- When running a child's bath put cold water in first then hot.

- A child can easily fall out of a window. Fit safety catches on all upstairs windows – restrict openings to 100 mm and keep furniture they can climb on clear of windows.
- A young baby can easily suffocate or choke. Avoid small objects.
- A child can drown quickly in a few inches of water, stay with young children always when they are in the bath or in an inflatable garden pool.

Source: RoSPA The Home Safety Book Ref: HS 178

SAFETY IN THE KITCHEN

- If you have the chance plan your kitchen for safety as well as for comfort and efficiency.
- Many fires start in the kitchen, especially fat fires. For safer deep fat frying choose an electric fryer.
- Take extra care with hot water, tea, coffee or soup. If there are young children around they could get scalded.
- Keep knives sharp and in good condition. Make sure your can-opener works efficiently.
- Plan your storage areas carefully so you don't keep heavy items on high shelves and items in daily use are within easy reach.

DIY SAFETY

- Be sensible and don't tackle a job unless you have the ability. A competent, qualified person should always do gas and electrical renewal or repair work.
- Keep any tools clean and in good repair, and give each one a quick check over before you use it.

- Always plan – accidents happen more easily if you're not prepared and rush.
- Wear trousers and heavy shoes when mowing the lawn and keep your feet and hands well away from the mower blades. Stop and disconnect the mower before checking a fault or cleaning clogged blades.
- Take extra care with sharp cutting tools. Never leave sharp tools lying around.
- Follow makers instructions carefully when using adhesives, especially the instant type.

DROWNINGS - HOME & GARDEN

Each year up to 11 children are killed because of drowning in the garden. Research shows that such incidents are more likely to happen in someone else's garden. In fact 80% of pond drowning's happen in gardens belonging to neighbours, relatives and friends. Drowning is the third largest cause of accidental death in the home in under-fives. Most deaths occur in July and August when children are home from school and playgroup.

Fatal drowning incidents involving children aged five and under include these water features:

- garden ponds
- swimming and paddling pools
- water containers.

Boys account for 78% of all drowning incidents in the UK. The most at risk are one and two year olds.

ELECTRICAL SAFETY

Always treat electricity with respect. Here are some advice tips.

- Don't use appliances with worn or damaged flexes.
- Don't wire flexes together.
- Keep portable mains-operated appliances out of the bathroom.
- If an appliance appears faulty stop using it and have it checked at once.

Look for the CE mark, the BEAB mark, BS safety mark or British Standard number when you buy electric equipment.

COOKING SAFETY: Introduction

Nearly two thirds of all domestic fires happen because of cooking. That's several fires. The kitchen is the single most dangerous place in your home.

7,000 people are injured in kitchen fires each year (and that doesn't include the people who are killed). Don't be one of them. Know what to do and what not to do in the kitchen.

COOKING SAFETY: Making the Kitchen Safe

This is a checklist of the steps you should take to make the kitchen a safe place.

Cooker

- Keep electrical leads from trailing over or going near the cooker.

- Don't hang tea towels or cloths on or over the cooker.
- Keep the oven, hob and grill clean. A build-up of fat and bits of food can start a fire.

Microwave

- Don't put anything metallic inside the microwave.
- Don't dry clothes in the microwave.

Electrical

- Keep electrical leads away from water.
- Don't put a plant pot or anything wet on top of an electrical appliance.
- Check the toaster is clean and well away from curtains.
- Don't overload sockets - one plug per socket is the rule, especially if the appliance takes a lot of power (like a kettle).
- Don't run extension cables across the floor as they can become worn and can cause trips.
- Electrical appliances - especially those that work at high speeds, such as the washing machine - should be serviced each year.
- Don't leave appliances such as washing machines or dishwashers on at night.
- Is the kettle leaking? This can be dangerous.

Ventilation

- Make sure your ventilation is working properly and not blocked up, especially if you have a gas cooker.

Protection

- Buy a smoke alarm fitted with a 'hush button' so if it goes off accidentally you can silence it instantly. That way you won't be tempted to remove the battery (except to change it for a new one).
- If your alarm keeps going off unnecessarily you may need to move it further away from the kitchen.
- Consider having a fire blanket in your kitchen, mounted on the wall where you can get to it instantly.

COOKING SAFETY: Cooking Safely

- The most important point about cooking is to avoid being distracted. Most kitchen fires occur when people leave things unattended.
If you're called away from the cooker - by the phone, say, or by someone at the door - take pans off the heat. It's the easiest thing in the world to forget about them.
- Don't let yourself be distracted while cooking.
- Don't cook if you're affected by alcohol or prescription drugs.
- Turn saucepan handles so they don't stick out (and aren't over another ring).
- Keep the oven door shut.
- Don't put oven gloves or tea towels down on the cooker after you've used them.
- Always clean the grill pan after using it.
- **It's dangerous late at night**
- A third of all deep-frying injuries occur between 10 pm and 4 am.
- Be extra careful if you fancy chips in the middle of the night.
- And **don't** do it if you've been drinking.

COOKING SAFETY: Deep Frying

The most common fire is caused by deep fat frying. 4,000 people are injured in these kinds of fires each year.

Think about what you're doing when you're deep-frying. You're heating several pints of oil to high temperatures. The oil can not only cause terrible burns, but it can go up in flames. In fact, it's an ideal fuel for a fire, and difficult to put out.

A few tips:

- Never fill the pan more than one third full.
- Dry food before putting it in (water can make the oil explode).
- Test the temperature with a small piece of bread or potato. If it crisps quickly, the oil is hot enough.
- If the oil starts to smoke don't put the food in. Turn off the heat and leave it to cool.
- Don't ever leave the pan unattended.
- If there are flames, never throw water over the pan. It will explode.

COOKING SAFETY: Dealing with a Fire in the Kitchen

The first rule is get out if you're not sure you can handle the fire. If it's spread from its starting point then it's already too big.

If a pan catches fire:



Don't move it (it could give you terrible burns).



Turn off the heat if it's safe to do so - but never lean over the pan to the controls.



Never throw water over it.



Run a cloth under the tap, wring it out carefully, and cover the flaming pan.

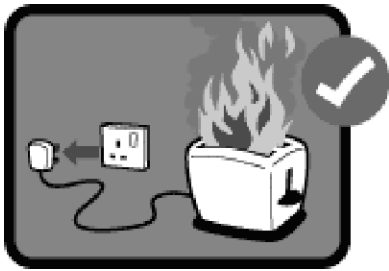


If you have a fire blanket, put it over the pan.

Don't use a fire extinguisher on a pan filled with oil.

Leave the pan to cool completely.

If it's an electrical fire:



Pull the plug out or switch off the power at the fuse box. This may stop the fire immediately.



Smother the fire with a fire blanket, or use a dry powder or carbon dioxide extinguisher.

Never use water on it.

Children

Because of their natural curiosity, children can be at great risk from fire. You should never leave children alone in a room where there are portable heaters, cookers or an open fire. Keep matches and lighters well out of their reach and never leave children alone in the house.

Wiring

Look out for warning signs of dangerous wiring:

- Hot plugs and sockets.
- Fuses that blow for no obvious reason.
- If you can't deal with the fire, close the door on the way out and call 999.

Cookers

Always make sure that saucepans are in a safe position on the cooker. Handles should not stick over the edge where they can be knocked over, or left within the reach of children. Make sure the handles are not over a hot ring or burner. Flexes from electrical equipment such as kettles and toasters should be kept well away from the cooker and tea towels should never be dried over the cooker. Never leave a saucepan unattended with the heat turned on and be especially careful when using chips pans with oil or fat. Make sure ovens are not left on after use.

Bedtime routine

Many fires in the home start at night. Make sure you have a bedtime fire safety routine to help keep your home and family safe. Here are a few simple things which you should do every night.

- Unplug all electrical appliances not designed to stay on.
- Make sure no cigarettes are still burning.
- Before emptying ashtrays make sure the contents are cold.
- Put a guard around open fires.
- Switch off portable heaters.
- Close the doors of all unoccupied rooms.

Electric blankets

Many fires and deaths are due to blankets being left accidentally switched on. As with all electrical equipment, it is important that you follow the manufacturers instructions.

- Check the instructions to see if you should switch off your blankets when you get into bed.

- Under blankets should always be tied to the bed and be switched off before you get into bed.
- All electric blankets should be kept dry and flat.
- Once your electric blanket is out of guarantee, have it serviced once a year or in accordance with the manufacturers instructions.

The shop where you bought it can tell you about servicing arrangements. When buying an electric blanket make sure it conforms to the British Standard and carries the kitemark. This will be shown on the label.

Heaters

Make sure you don't sit too close to the heater to keep warm. You could easily set light to your clothes or your chair, particularly if you fall asleep. Heaters should always stand in a safe place where they can't be knocked over and where they can't be tripped over. They should be kept well away from furniture and soft furnishings, such as curtains and cushions. Do not position heaters where objects may fall onto them. Portable heaters should never be placed close to beds or used to dry clothes. As with open fires, make sure all heaters are correctly guarded. If you have young children at home, make sure you use an all-enclosed guard with your heater as well.

Electrical Appliances

Some electrical appliances have been designed to be left on all the time - for example most videos. If you are not sure about whether you have appliances which can be left on, check with the manufacturer or the shop where you bought them.

- All other electrical appliances should be switched off and unplugged when you are not using them.

- Never leave them on overnight.
- Never remove a plug by pulling the flex.
- Always use the plug.
- Remember: one socket, one plug. You could overheat a socket and start a fire by putting several adaptors into one socket.

Always make sure your plugs and adaptors have the right fuse for the appliance you are using. In doubt check with an approved electrician. When buying new equipment look out for the BEAB mark of safety. Learn the wiring colours and make sure you follow them when fitting a plug. Always use the correct fuse for the equipment you are using and follow the manufacturers instructions.

Smoking

A lit cigarette or pipe can be deadly. Never leave a lit cigarette or pipe unattended. If you have left a cigarette or pipe burning on the brim of an ashtray, they may fall onto an armchair, or the carpet, particularly if the ashtray is already full.

The armchair or carpet will soon catch fire and start to give off dense smoke and fumes making it difficult for you and your family to escape.

Falling asleep with a lit pipe or cigarette can also be fatal, especially in bed where the bed linen will quickly catch fire. The smoke and fumes will not wake you. Make sure you stub out the cigarette before going to bed and never smoke in a chair if you think you will doze off in it.

ESCAPE: INTRODUCTION

Fire Safety

Do you know what you should do if there's a fire?

Are you sure? Does everyone who lives in your home know?

There's no time to stop and think and wonder what's the best thing to do. The situation can change in seconds. Half a minute after the smoke alarm goes off, an entire floor of your house could be filled with dense smoke.

ESCAPE: Your Escape Plan

It's important to make a conscious effort to plan ahead.

Plan together



Include everyone who lives in your home, especially children, older people and lodgers.

Talk through your escape plan, including what to do and what not to do in a fire.

Choose an escape route

The best escape route is your normal way in and out of your home. Think of any difficulties you may have getting out, for example in the middle of the night.



Choose a second escape route, in case the first one is blocked.
Keep both escape routes clear of obstructions.

If there are older people or children in the household, plan the order you'd escape in, so that if you have to go out of a window you can help them down.

Think about a refuge



If you can't escape you will need to find one room to take refuge in - this is particularly important if you have difficulty moving around or going down stairs on your own.

It's best if the room you retreat to has a window and a phone.

Make sure everyone knows where you keep keys

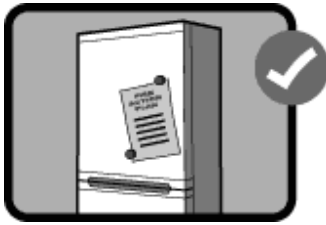


Decide where the keys to doors and windows should be kept, and always keep them there. Everyone in your household should know the location.

Make sure everyone knows what to do

Go through all the points about what to do in a fire
Everyone should know the dos and don'ts.

Put your address by the phone so children can read it out to the emergency services.



Put a reminder of what to do in a fire somewhere prominent, like on the door of the fridge.

Tell everyone about fire equipment



If you have fire extinguishers or fire blankets, make sure all adults know where they are, and how to use them.

Extinguishers and blankets should only be used on a small, easily containable fire. The priority is always to keep people safe. Things can be replaced, but people can't.

Practice the plan

Take a few minutes to walk through the plan with everyone in the household. Regularly remind everyone of what to do and what not to do in a fire.

ESCAPE: If There's a Fire

You need to act instantly, swiftly and calmly once you become aware of a fire.

Alert everyone

Make sure everyone in your home knows about the fire. Shout. Get everyone together.

Don't delay

You can't afford to waste any time.

Don't investigate the fire.

Don't go looking for valuables - whether that's jewellery, photographs, documents or whatever.

Don't go looking for pets.



Shut doors

As you go out, only open the doors you need to. Close any open doors.

Before you open a door check it with the back of your hand. If it's warm, don't open it - the fire is the other side.

Get everyone out

Use your escape route. Stay together if you can



Crawl on the floor if there's smoke

The air is cleaner near the floor so if there's smoke put your nose as low as possible. Remember, smoke is poisonous and can kill you.



Call 999

Once you've escaped, use a mobile, a neighbour's phone or a phone box. 999 calls are free.

Speak slowly and clearly.

Give the whole address of your home, including the town.

Say what is on fire (eg a two - storey house).

Explain if anyone is trapped and what room they are in.

The more information the fire brigade has, the quicker it can get to you and act when it gets there.

Don't go back in

Don't go back in for anything.

If there's someone still inside, wait for the fire brigade to arrive. You can tell them about the person and they will be able to find them quicker than you. If you disappear inside the building, that will slow down the firefighters' efforts to rescue anyone else missing, as well as putting your life in great danger.

Wait near the building

Find somewhere safe to wait.

When the fire brigade arrives, give them as much information as possible about the fire and the building.

ESCAPE: If Your Escape Route is Blocked

When the fire is between you and your escape route, you have to react in a different way.

Get out of a window

You may be able to escape through a window if you are on the ground or the first floor.

If you're on the first floor you should only do this as a last resort - when you are in immediate danger.

Cushion your fall

Throw bedding, cushions, etc, onto the ground to break your fall.

Don't jump

Lower yourself by your arms from the window ledge before dropping.

Lower children

If there are two adults, one should go down first to catch children.

The other should lie down and lower children as far as possible before letting them drop.

If you have to break the window

Use a heavy object to hit the glass at the bottom corner. Make the jagged edges safe with a towel or blanket.

Find a safe place to wait

When your escape route is blocked and you can't use a window, you need to keep safe in the building.

Get everyone into one room.

Choose a room with a window and a phone if possible. Shut the door.

Block the door.

Put cushions, bedding, etc, round the bottom of the door to block smoke.

Open the window and call for help

It's important to let firefighters know you are there, and if you haven't managed to call 999 you need to raise the alarm.

Stay by the window

Lean out of the window to breathe if you need to.

Keep drawing attention to yourself.

Did you know West Yorkshire Fire & Rescue Service does FREE home fire safety checks and will fit smoke detectors if needed?



Call them FREE on 0800 5874536. Give your name, address and phone number and they'll ring you to arrange a visit. They only do this by pre-arranged appointments.

Fire safety – it makes sense to have fitted and working smoke detectors.

GAS SAFETY: If you smell gas

- Turn off the gas supply at the meter.
- Don't use matches or naked flames.
- Don't turn electrical switches on or off.
- Open doors and windows.
- Check the appliance to see if the gas has been left switched on.
- Don't smoke.
- Call the gas supply company or the emergency service provider.

GAS SAFETY: Carbon Monoxide Poisoning

Faulty heating appliances

Keeping warm is vital. Unfortunately, heating appliances are one of the most common causes of injury and death in the home. Most accidents occur because of human behaviour. If users don't follow simple safety rules, heating appliances can kill.

This section is about one of the major sources of accidental injury in the home caused by heating appliances through Carbon Monoxide (CO) poisoning.

Carbon monoxide

More than 50 home deaths result every year from CO poisoning caused by faulty heating appliances.

What is it?

Carbon monoxide is a poisonous gas. It can be given off by appliances that burn fossil fuels such as gas, coal, wood or oil, if they're not working properly, if the flue is blocked in any way, or if the room is not properly ventilated.

Why is it so dangerous?

Carbon monoxide is odourless, colourless and tasteless, which makes it difficult to detect. However its effects are deadly. On average, 50 people a year are killed by carbon monoxide poisoning due to faulty heating appliances.

What are the main causes of carbon monoxide poisoning?

Most cases of carbon monoxide poisoning are due to inadequate ventilation or poor maintenance of appliances, blocked or leaky flues and chimneys. Chimneys can become blocked for various reasons. It could be as a result of birds nesting on the chimney, or possible degradation of the flue. A blocked flue can lead to carbon monoxide leaking into your home.

Who is most at risk?

Some people mistakenly think that it is only gas-fuelled heating systems that can cause carbon monoxide poisoning. In fact, it can happen with any fossil fuel system if the system, including both the

appliance and the flue, is faulty or the room isn't properly ventilated. Also, some people associate carbon monoxide poisoning with rented accommodation – in fact, more people are killed in owner-occupied than rented properties.

If you develop any of these unexplained symptoms:

drowsiness

headaches

chest pains

giddiness

sickness

diarrhoea

stomach pains

you could be suffering from carbon monoxide poisoning. Switch off your appliances and see your doctor at once.

IF THERE'S AN ACCIDENT ...

KEEP CALM

You will be of little help if you're panicking.

Assess the situation - eliminate further danger to you or the casualty: turn off electricity, put out any small fire. Only if absolutely necessary move the patient, and then very carefully.

ASSESS THE CASUALTY:

are they conscious?

breathing?

can you feel a pulse?

are they bleeding?

If in doubt, always call a Doctor. Otherwise, here are some crucial do's and don'ts.

DO DIAL 999 FOR AN AMBULANCE IF THE CASUALTY:

Is at any time unconscious.

Has difficulty breathing.

Is drowsy or being sick.

Is bleeding from the ear or is bleeding profusely and you cannot stop the flow.

Is seriously burned.

Has severe pain anywhere.

DON'T give an injured person anything to eat or drink after an accident, unless it's to dilute some poison, chemical or medicine. This is in case they later need an anaesthetic.

East North East Homes Leeds advises you attend a First Aid course before doing any of the following advice.

BURNS AND SCALDS

Straight away run cold water over a burn for at least ten minutes.

Take off belts or jewellery - burned skin can swell. If burned clothes are stuck to skin, leave them alone.

To keep out infection, cover the burn with a clean, smooth cloth like a pillowcase or with cling film. Never rub butter, oil or treatment on a burn.

Get medical advice or go to hospital unless the scald or burn is very small.

CUTS

Clean small cuts and grazes with clean running water, not antiseptic.

Stop heavy bleeding by pressing a pad like a folded hankie on the cut - press near the wound if there is something stuck inside. Keep pressing, using extra pads on top, until the bleeding stops. Raise a bleeding arm or leg (if not broken).

GET HELP FROM A DOCTOR IF THE WOUND IS:

- Dirty
- Deep
- There's something stuck in it.
- It won't close up properly.

POISONS

Get medical help - call your doctor, call an ambulance, go to a hospital Accident and Emergency department. Find the container holding the poison and remember to take it with you. It's important to tell the doctor about it.

Help dilute poison with a drink of milk or water unless the poison has badly burned the mouth or lips.

Never try to make the casualty sick - a salt and water mixture can be especially dangerous.

CHOKING

The signs and symptoms of choking are:

- Difficulty in speaking and breathing.
- Blueness around the lips and skin (cyanosis).
- Patient pointing or grasping the throat.

Treatment

The aim is to remove the obstruction and restore breathing. The technique depends on the age:

- Baby
- Child
- Adult
- Unconscious adult

Important

Do not use fingers to blindly feel down the throat as the obstruction may become worse.

Baby

The baby is laid face down along the forearm and given 5 sharp slaps across the back.

If this fails turn the baby over on your lap. Give 5 sharp thrusts on the lower breast bone with 2 fingers only.

Check the airway and remove the foreign body.

If unsuccessful repeat the procedure. Do not use abdominal thrusts on a baby.

Child

Lay the child face down across your lap and give 5 sharp slaps between the shoulder blades.

If this fails turn the child over onto your lap using 1 hand give 5 sharp thrusts to the lower breast bone.

Check the mouth and remove any foreign body you can see.

If choking persists give 5 firm upward thrusts to the central upper abdomen. Repeat the cycle.



Adult

Position yourself behind the casualty and give 5 sharp slaps between the shoulder blades.

If this fails perform the Heimlich manoeuvre or abdominal thrusts. This involves interlocking your hands: the hand that is resting against the persons abdomen should be in a fist just below the breast bone. Pull sharply inwards and upwards to the upper part of the abdomen. Repeat the abdominal thrusts 3 or 4 times. Continue the back slaps and abdominal thrusts alternately.



The ABC of resuscitation

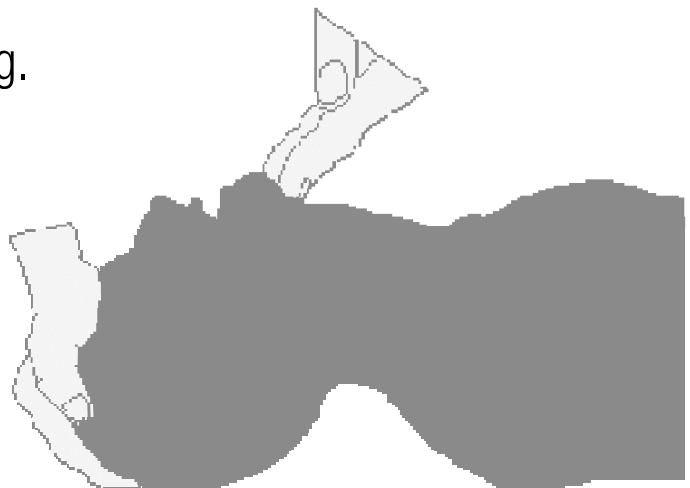
ABC stands for **AIRWAY, BREATHING, CIRCULATION.**

When you find a casualty, check if he / she is conscious by shaking the shoulders gently and shouting 'Are you all right?'. If there's no response, send someone to call 999 and ask for an ambulance.

You'll then need to open the airway.

AIRWAY

- The airway can be opened by lifting the jaw and tilting the head backwards carefully (take extra care if you suspect a neck injury).
- Carefully clear any debris you can see from the mouth if necessary. Make sure the tongue isn't blocking the airway.
- Then check the breathing.



BREATHING

- Sometimes opening the airway is enough to start the casualty breathing again.
- Look at the chest and stomach for movement. Listen for sounds of breathing. Feel for breath on your cheek.

- If the casualty is breathing, put them in the **RECOVERY POSITION**.
- If none of these signs is present, the person isn't breathing.
- If opening the airway doesn't cause the person to begin to breathe straight away you must provide rescue breathing. The best way to do this is by using the mouth-to-mouth technique.
- Take your hand that is on the person's forehead and turn it so that you can pinch the nose shut, while keeping the heel of the hand in place to maintain head tilt. Your other hand should remain under their chin, lifting up. Immediately give two slow full breaths, using the mouth-to-mouth method.
- You now need to check their circulation.

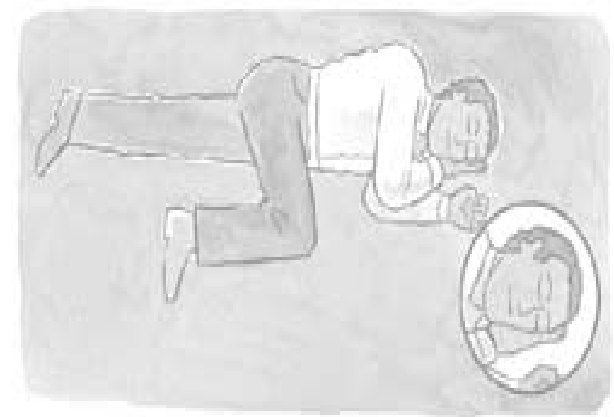
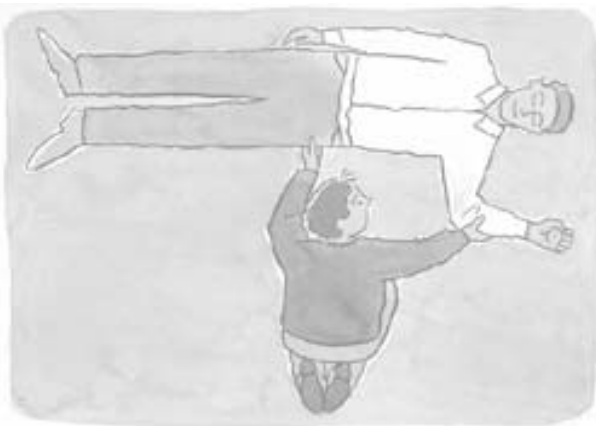
CIRCULATION

- First you need to check the pulse.
The best place to find a pulse is at one of the carotid arteries, both of which are in the neck.
- Place the tips of your fingers in the centre of the neck at the Adam's Apple. Then slowly draw your fingers towards yourself until you feel a small hollow in the neck. This is where you'll find one of the carotid arteries.
- If you find a pulse, continue rescue breathing.
- If there is no pulse you will need to give external chest compression to try and help the heart beat.
- Place the heel of your hand two fingers breadth above the ribcage / breastbone junction.
- Place your other hand on top and interlock the fingers.
- Keep your hands off the ribs.
- Keep your arms straight and press down four or five cm 15 times.

- Give two breaths then check pulse again.
- If the casualty has a pulse don't use external chest compression.
- If the casualty has a pulse but isn't breathing continue to give mouth-to-mouth at the rate of about ten breaths a minute.
- Once the casualty has started breathing and has a pulse, put them in the recovery position.

RECOVERY POSITION

- Place the casualty on their side.
- Keep the head tilted and the jaw forward to maintain the airway.
- Make sure they can't roll backward or forward.
- Keep checking their breathing and pulse until help arrives.



First Aid Courses

St. John Ambulance - County of South and West Yorkshire

St. John Ambulance offers a wide range of courses at regular intervals across South & West Yorkshire for members of the public.

Telephone 01924 262726

Park Lane College - Aset First Aid for Children

This is an emergency first aid course which runs for 10 hours. It will give the skills and knowledge to deal with emergencies such as sudden illness or accidents with children / babies in the home or workplace. The course covers Initial Assessment, Unconsciousness, CPR, Poisoning, Convulsions, Fractures, Burns and Scalds. You practice on a Ressui Baby. Your own experiences are used and there is time for discussion.

If you are 16 - 18 on 31 August in the year you start your course and a UK or European Economic Area (EEA) resident you do not pay tuition fees for this course



Safety in the home
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