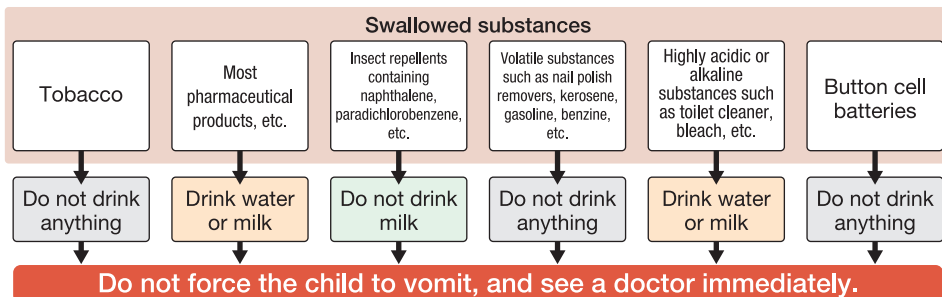


When a child has swallowed something by mistake

If a child has swallowed something by mistake, it is important to identify what they swallowed, when they swallowed it, and the amount. Please be aware that the appropriate response depends on what was swallowed.

<What to do when a child has swallowed something by mistake>



<Points to know when you see a doctor>

- ① What did the child swallow? ② When did it happen? ③ How much did the child swallow?
- ④ Is there anything different from usual about the child? Does the child look ill, etc.?
- ⑤ Is the child having convulsions? ⑥ Is the child fully conscious?

Check on these points and bring the containers, bags, instructions, etc. of the thing the child has swallowed by mistake.

[Japan Poison Information Center Information Line for Poisoning]

Please consult with us if an accidental poisoning occurs relating to chemical substances (tobacco, household products, etc.), pharmaceutical products, animal or plant poisons, etc., and you are not sure what to do.

- Osaka Information Line for poisoning (available 24 hours) 072-727-2499
- Tsukuba Information Line for poisoning (available from 9:00 to 21:00) 029-852-9999

Project "Protecting Children from Accidents!"

The Consumer Affairs Agency promotes various efforts in cooperation with relevant organizations and ministries in order to protect children from accidents.

http://www.caa.go.jp/policies/policy/consumer_safety/child/

Consumer Affairs Agency "Protecting Children from Accidents!" Official Twitter (@caa_kodomo)

We regularly post helpful information about how to prevent children's accidents.

E-mails about children's safety from the Consumer Affairs Agency

We regularly send e-mails with safety tips and bits of knowledge, in order to prevent unforeseen accidents in infants and young children aged 0 to 6. Please sign up to protect your child from accidents.

<http://www.caa.go.jp/kodomo/mail/index.php>

Consumer Affairs Agency Recall Information Site

We provide information regarding product recalls, free-of-charge repairs, and more.

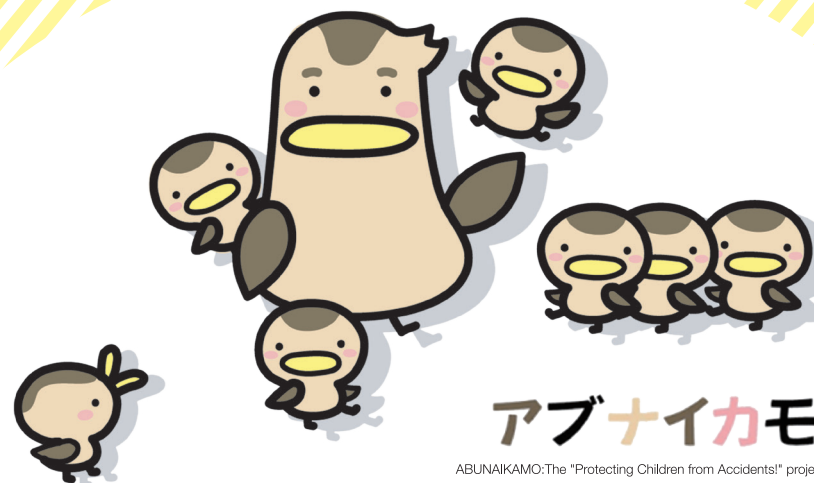
<http://www.recall.go.jp/>

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Protecting Children from Accidents!!

Accident Prevention Handbook



アブナイカモ

ABUNAIKAMO: The "Protecting Children from Accidents!" project mascot

This booklet provides information about the most common unforeseen accidents among children aged 0 to 6 (pre-school children), the prevention of those accidents, and tips for dealing with the situation in case of an accident.

Some accidents can be prevented if the adults around children pay attention to the children's surroundings and undertake appropriate measures. We hope this booklet helps you to have the correct information to protect children from accidents, so that you can enjoy child-raising and day-to-day life.

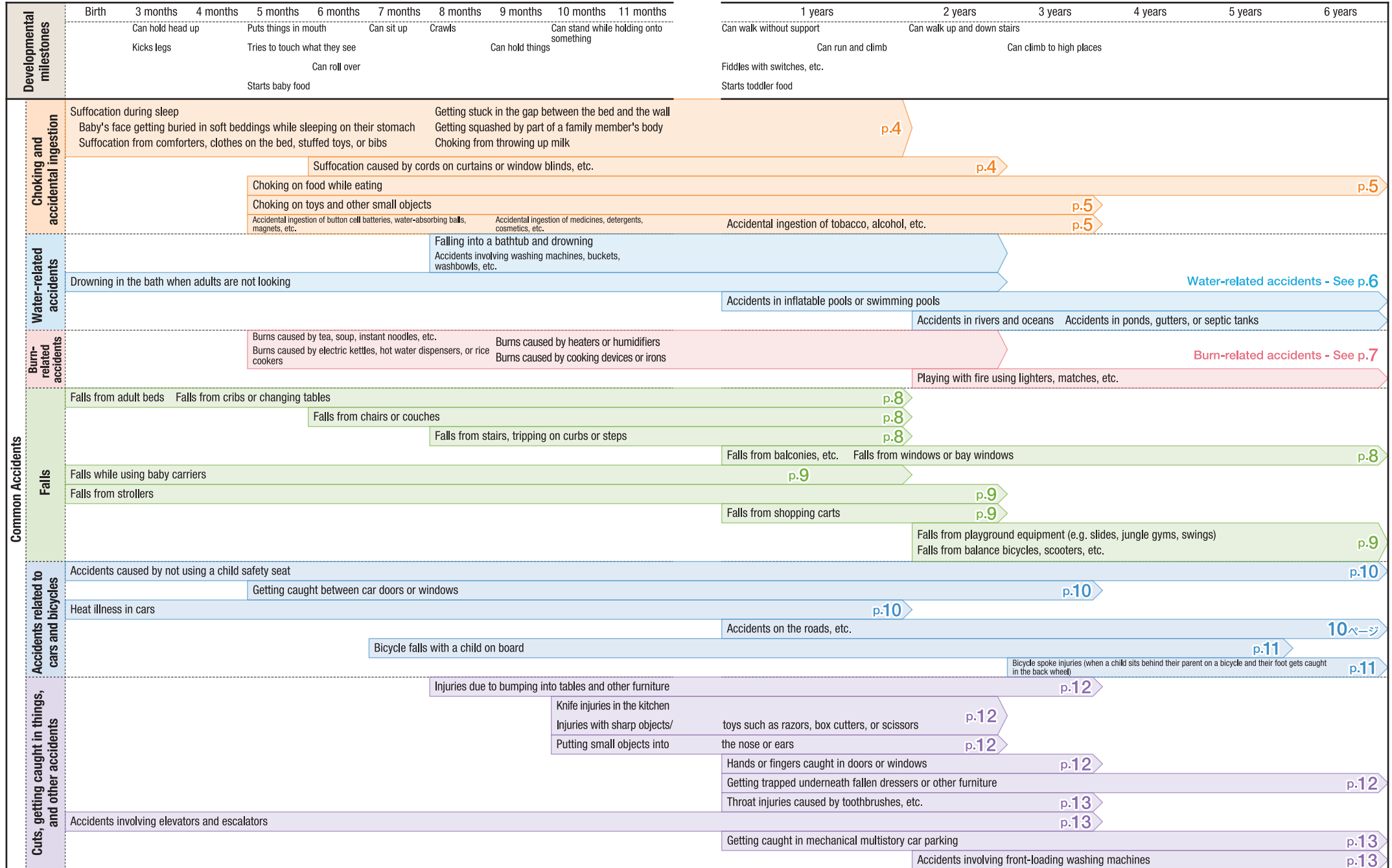


Consumer Affairs Agency, Government of Japan

Child Development and Common Accidents

As their motor skills develop, children will be able to do a variety of new things. At the same time, this opens up the possibility of a range of accidents. Each arrow indicates the period in which the accident most commonly occurs.

Starting on p.4, we will introduce tips for preventing common accidents. Please take a look at it to prevent accidents.



Suffocation during sleep Around ages 0 to 1

Baby's face getting buried in soft beddings while sleeping on their stomach

<Safety Tips>

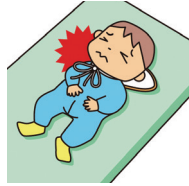
1. Have your babies sleep in cribs, not in adult beds, and use firm futons, mattresses, and other beddings.
2. Lay them down on their back until the age of 1.



Suffocation from comforters, clothes on the bed, stuffed toys, or bibs

<Safety Tips>

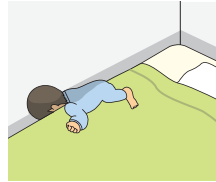
1. Use a light comforter that babies can take off themselves, and keep it away from their faces.
2. Do not put anything near sleeping babies' faces that could cover their mouths or noses, or wrap around their necks.



Getting stuck in the gap between the bed and the wall

<Safety Tips>

1. Eliminate any gaps in the bedroom, so that babies' heads or faces will not get stuck in the gap between the bed and wall when they move around in their sleep.
2. Have your babies sleep in cribs, not on adult beds.



Getting squashed by part of a family member's body

<Safety Tips>

1. When you lie down with your babies to put them to sleep, be careful not to accidentally fall asleep and press your child down with part of your body.
2. Have your babies sleep in cribs, not on adult beds.



Choking from throwing up milk

<Safety Tips>

1. After feeding, burp your babies before laying them down.
2. If they do not burp enough, keep an eye on them for 10 to 15 minutes after you lay them down in case they throw up the milk.



Suffocation caused by cords on curtains or window blinds, etc. Around ages 0 to 2

<Safety Tips>

1. Tie up cords and keep them in places where children cannot reach them, so that they will not get tangled around children's necks.
2. Do not place anything that can be used as a stepping stool, such as a couch, near a cord.
3. Choose safer products, such as those without cords.



Choking on food while eating Around ages 0 to 6

<Safety Tips>

1. Cut food into small pieces so that it will be easy for them to eat and make sure they chew well.
2. Take particular caution with food size when it comes to food that can easily get stuck in the throat, such as candies.
3. Hard beans and nuts that can easily get into the windpipe should not be given to toddlers under the age of 3.
4. Do not let children play or talk with food in their mouth, or let them eat when they are lying down.



Choking on toys and other small objects Around ages 0 to 3

<Safety Tips>

1. Keep small toy parts and bouncy balls away from children, and pay utmost attention when they play to make sure they do not put them in their mouth.
2. When you buy or use toys, take note on the product's intended age range.



Accidental ingestion of button cell batteries, water-absorbing balls, magnets, etc. Around ages 0 to 3

<Safety Tips>

1. Accidentally ingesting button cell batteries will lead to serious injury, should they get stuck in the esophagus or remain in the stomach.
2. Accidentally ingesting water-absorbing polymer balls may cause intestinal obstruction and other harms.
3. Accidentally ingesting multiple magnets may cause intestinal obstruction and other harms when the magnets pull at each other through the intestinal walls. Store these things in places where children cannot reach or see them.



Accidental ingestion of medicines, detergents, cosmetics, etc. Around ages 0 to 3

<Safety Tips>

1. Accidentally ingesting medicines or detergents may cause serious medical symptoms.
2. Store medicines and detergents, cosmetics, or bath agents that look similar to food in places where children cannot see or reach them.



Accidental ingestion of tobacco, alcohol, etc. Around ages 0 to 3

<Safety Tips>

1. Accidentally ingesting tobacco or alcohol may cause serious poisoning.
2. Store tobacco and alcohol in places where children cannot see or reach them. Also be cautious of accidental ingestion of stickers and packing materials.



Topics

Sudden Infant Death Syndrome (SIDS)

SIDS, or Sudden Infant Death Syndrome, is a phenomenon in which a baby who was healthy and active a moment ago suddenly dies in their sleep.

The causes of the disease are unknown, and preventive measures are not yet established. However, according to the Ministry of Health, Labour and Welfare, keeping the following three points in mind may reduce the risk of occurrence.

- ① Lay your babies down on their backs when they sleep until they reach the age of 1.
- ② Breastfeeding is recommended.
- ③ Quit smoking.

Water-related accidents

Falling into a bathtub and drowning Around ages 0 to 2

<Safety Tips>

1. Children may wander into the bathroom, peek over the bathtub, fall in, and drown.
2. Drain the water from the bathtub after bathing, and lock the bathroom from the outside so that children cannot get inside.



Drowning in the bath when you are not looking

<Safety Tips>

 Around ages 0 to 2

1. Bathtub drownings can happen while you are not watching, such as when they are washing their hair, leave to get clean clothes, answer phone calls, etc.
2. Take children out of the bathtub when you are washing hair.
3. Never leave children unattended, even for a minute.



Accidents involving washing machines, buckets, washbowls, etc.

<Safety Tips>

 Around ages 0 to 2

1. Drownings can happen even in water at a depth of as little as 10 centimeters that may remain in a bucket or a washing machine.
2. Make sure to drain the water from the washing machine after use.
3. Even if there is only a small amount of water in a bucket or washbowl, be careful not to leave children alone around them.



Accidents in inflatable pools or swimming pools Age 1 and over

<Safety Tips>

1. Children can drown even in a short time when adults are not watching.
2. Stay within arm's reach of children and keep an eye on them at all times around pools.



Accidents in rivers or oceans Age 2 and over

<Safety Tips>

1. Be careful not to let children play by themselves in rivers and oceans.
2. Make sure your children wear life jackets and are accompanied by an adult.
3. Make sure there are no places that pose a high risk for slipping or drowning, and do not let children play in dangerous places.



Accidents in ponds, gutters, and septic tanks

<Safety Tips>

 Age 2 and over

1. Make sure there are no places that pose a high risk for slipping or drowning, such as ponds, gutters, and septic tanks.
2. Do not let children play in dangerous places.



Burn-related accidents

Burns caused by tea, soup, instant noodles, etc. Around ages 0 to 2

<Safety Tips>

1. Be sure to keep children away when handling hot drinks or soup.
2. Do not use tablecloths or table mats, as children can sometimes pull them and knock over any dishes or containers on top of them.



Burns caused by electric kettles, hot water dispensers, or rice cookers

<Safety Tips>

 Around ages 0 to 2

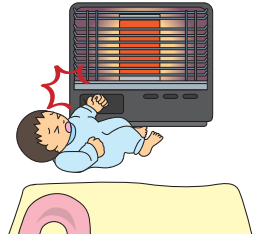
1. Children may hold on to electric kettles, etc. to pull themselves up or pull the cord, knock it over, and get burned from the boiling water.
2. Make sure to lock electric kettles and hot water dispensers so that they will not spill hot water, and keep them in places where children cannot reach.
3. Be careful with rice cookers; children may touch the steam and get burned.



Burns caused by heaters or humidifiers Around ages 0 to 2

<Safety Tips>

1. Put safety fences around floor-standing type heaters to keep them out of reach of children.
2. Do not use hot water bottles or electric heating carpets for long periods of time, because they may cause low-temperature burns by staying in contact with the same place on the skin for a long period of time.
3. Burns can occur from coming in contact with the steam from humidifiers, or from knocking over humidifiers and being hit by the hot water. Use baby gates to keep humidifiers out of reach of children.



Burns caused by cooking devices or irons

<Safety Tips>

 Around ages 0 to 2

1. Cooking devices such as frying pans and pots remain hot even after cooking. Make sure to keep them out of reach of children.
2. Do not place irons on the edge of tables or desks and keep the iron's cord out of reach of children.



Playing with fire using lighters, matches, etc. Around ages 2 to 6

<Safety Tips>

1. To prevent fires caused by children playing with fire, keep lighters and matches out of the sight of children.
2. Use lighters with the PSC mark (*please refer to p.11 Topics), which have a device that makes it difficult for children to operate (child resistance).



Falls from adult beds

 Around ages 0 to 1

<Safety Tips>

1. Babies may roll over or move around in their sleep, which may lead to them falling from the bed and suffering injuries, including head injuries. Make sure of their safety while they are sleeping.
2. Though many parents lie down with their babies to put them to sleep, babies should sleep in a crib until they reach the age of two.



Falls from cribs or changing tables

 Around ages 0 to 1

<Safety Tips>

1. Make sure to raise the safety fence any time the crib is in use.
2. Keep an eye on your baby when you lay them down anywhere above floor level, for example, to change a diaper on a crib, couch, or public changing table.



Falls from chairs or couches

<Safety Tips>

 Around ages 0 to 1

1. Do not let babies stand on chairs or high chairs, and do not let them kick the table while they are sitting in a chair.
2. Make sure to fasten the safety belt on high chairs.
3. Do not let babies play with chairs.
4. When you lay your baby on a couch, make sure they will not fall down when they roll over in their sleep.



Falls from stairs, tripping on curbs or steps

<Safety Tips>

 Around ages 0 to 1

1. Falls from staircase can happen once babies start to crawl.
2. Put up child safety gates, and do not forget to lock them so that babies cannot open them.
3. Be careful of falls at entryway steps, and any other steps or curbs that can be easily stumbled on.



Falls from balconies, etc.

<Safety Tips>

 Age 1 and over

1. Do not let children step out onto balconies by themselves.
2. Teach them not to lean forward from a balcony, otherwise they will be in danger of falling.
3. Do not place flower pots, chairs, or anything that can be used as steps on the balcony.
4. Avoid leaving children by themselves at home when you go out.



Falls from windows or bay windows

<Safety Tips>

 Age 1 and over

1. Tell children about the risk of falling from windows.
2. Do not place anything that can be used as steps, such as a couch or bed, near the windows.
3. Teach them not to lean on window screens, because it can rip and pose a risk of falling.



Falls while using baby carriers

<Safety Tips>

 Around ages 0 to 1

1. When bending over while using a baby carrier (in order to pick things up, etc.), make sure to support the child with your hands.
2. When putting babies in baby carriers or taking them out, do so in a low position.
3. Read manuals carefully in regard to fasteners and buckles, belt looseness, the baby's positions, etc., and use the products correctly.



Falls from strollers

<Safety Tips>

 Around ages 0 to 2

1. Fasten seat belts correctly and tightly.
2. Strollers can easily lose their balance and fall over when they get caught on curbs or steps, or when heavy bags are hung on them.
3. Make sure of the safety of your surroundings when you get on trains, buses, or other forms of public transportation with a stroller.



Falls from shopping carts

 Around ages 1 to 2

<Safety Tips>

1. Do not let children stand in or play with shopping carts.
2. Do not put children anywhere in the shopping cart except for the child seat.
3. Read the warning labels carefully and use safely.



Falls from playground equipment (e.g. slides, jungle gyms, swings)

<Safety Tips>

 Age 2 and over

1. Abide by the intended age range for playground facilities and equipment when letting children play.
2. Children age 6 years and younger must be accompanied by adults, and adults must keep an eye on them.
3. Beware of children's belongings, such as clothes and bags, since the strings of those can become tangled around their neck.
4. Teach children the appropriate use of each piece of playground equipment.
5. Make sure that children use each piece of equipment properly, and teach them not to shove other children.



Falls from balance bicycles, scooters, etc.

 Age 2 and over

<Safety Tips>

1. Balance bicycles and scooters, which children move by kicking, are not allowed to be used on the road according to Road Traffic Act.
2. Make sure that children wear a helmet, and teach them how to ride properly.
3. When children ride balance bicycles, which can be used starting at age 2 to 3, keep an eye on them.



Accidents related to cars and bicycles

Accidents caused by not using a child safety seat

<Safety Tips>

1. It is dangerous to hold your child while riding in a car, as you may not be able to give enough support and the child can fall out of your arms if the car bumps into something or stops abruptly.
2. Make sure to use a child safety seat, even if it is a short drive.
3. Make sure to use a child safety seat until they reach the age of 6.
4. Read the seat's manual carefully, install it securely in the back seat, and use it correctly.

 Around ages 0 to 6



Getting caught between car doors or windows

<Safety Tips>

1. When you close doors or windows of the car, check to make sure the children's face and hands are not sticking out, and let them know that you're closing the door.
2. Use the child safety lock function so that children cannot open the windows or doors by themselves.

 Around ages 0 to 3



Heat illness in cars Around ages 0 to 1

<Safety Tips>

1. If a baby is left alone in a car, there is a risk of getting heat illness due to the high temperature inside, especially in the warmer seasons.
2. Never leave a baby alone in a car, even for a minute.



Accidents on the roads, etc. Age 1 and over

<Safety Tips>

1. When you walk with children, hold their hands and walk inside the white lines. When walking on sidewalks, adults should walk on the side closer to the traffic.
2. Teach children about road safety rules and the danger of traffic accidents, for example, to never run into the road.



3. Do not call or talk to children on the other side of the road because children can act on impulse and walk onto the road.



4. Do not let children play in or around roads.



Bicycle falls with a child on board Around ages 0 to 5

<Safety Tips>

1. By law, putting a child on an adult bicycle is allowed only when the child is under the age of 6 and a child seat is appropriately installed.
2. There are risks of falling while riding a bicycle, as well as when a bicycle is parked and the adult is off the bike but the child is still on board. When putting your child on a bicycle, make sure to fasten their seat belt and make them wear a helmet.
3. Never leave a bicycle unattended when your child is still on it.
4. When you ride a bicycle with two children, make sure the bike is stable and prevent falls by keeping to this order: When putting them on, back seat first and front seat second; when taking them off, front seat first and back seat second.
5. Ride carefully when you are carrying your child on your back using baby carriers.
6. Check bicycles and child seats regularly to keep them safe and well-maintained.

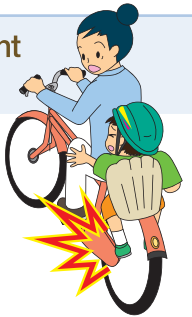


Bicycle spoke injuries (when a child sits behind their parent on a bicycle and their foot gets caught in the back wheel)

<Safety Tips>

1. By law, putting a child on an adult bicycle is allowed only when a child is under the age of 6 and a child seat is appropriately installed.
2. Use a child seat, fasten the seat belt, and make your child wear a helmet.
3. Installing dress guards, meant to prevent skirts, etc. from getting caught in the rear wheel, is effective in keeping feet from getting stuck in the spokes.

 Age 3 and over



Topics

Choose safe products and read the instructions carefully before using them.

Products for children should be chosen according to the child's age. Read the instructions and warnings carefully and use them properly. Moreover, there are various marks that indicate safety-conscious products. Choose proper products by knowing the meaning of the marks.



The **PSC** mark stands for "**Product Safety of Consumer** products," and is affixed to products that meet the technical standards set by the Japanese government. There are two kinds of certified products, namely, "Specified Products," which require obligatory self-verification by the manufacturers or importers to determine that the products conform to the safety standards of Japan, and "Special Specified Products," which require additional third-party inspection. Baby cribs and lighters are among products designated as Special Specified Products by government ordinance.



The **SG (Safe Goods)** mark indicates that the product meets the Consumer Product Safety Association (CPSA)'s safety standards. The certification also has a system to compensate for any injuries caused by defective products with an **SG** mark. Products for children that are certified with an **SG** mark include strollers, slides, baby cribs, baby carriers, and bed guards.



The **ST** mark is affixed to toys for children under 14, and the certified toys are recommended by the toy industry as "toys that were manufactured with great attention to safety." The toys that conform to the toy safety (**ST**) standards set by the Japan Toy Association (JTA) are certified with an **ST** mark. Moreover, toys with an **ST** mark show the appropriate ages for a product. Toys for younger age groups are designed with more consideration for safety, for example, being made in a way that they will not get stuck in children's throats, using parts that don't come off easily, having no sharp ends, etc.

Cuts, getting caught in things, and other accidents

Knife injuries in the kitchen Around ages 0 to 2


<Safety Tips>

1. Place sharp objects, like knives on the cutting board, back in place immediately after using them.
2. Think of ways to store sharp objects safely, such as putting child safety locks on drawers and cabinet doors.
3. There are many dangerous things in the kitchen, so keep children out, for example, by putting up baby gates.

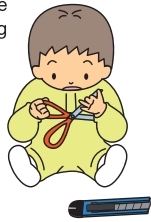


Injuries with sharp objects/toys such as razors, box cutters, or scissors

<Safety Tips>

 Around ages 0 to 2

1. Put razors in the bathroom or on the sink away immediately after using them, out of the reach of children.
2. Do the same with box cutters or scissors, which adults and siblings use as stationery, and keep them in a safe place.



Putting small objects into the nose or ears

<Safety Tips>

 Around ages 0 to 2

1. Children may play with beads, plastic balls, small toy parts, or snacks by putting them into their nose or ears.
2. Do not let children put small objects into their nose or ears, since it can result in an unexpected accident when those foreign objects get stuck.

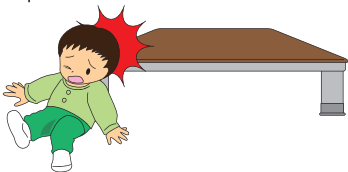


Injuries from bumping into tables or other furniture

<Safety Tips>

 Around ages 0 to 3

1. Children can get injured by falling and hitting their face or head against the edge of tables or other furniture.
2. Attach cushion tape on the edges of furniture in order to mitigate the impact, should children bump into it.

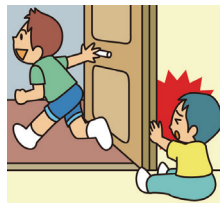


Hands or fingers caught in doors or windows

<Safety Tips>

 Around ages 1 to 3

1. Make sure that there are no children around when you open and close doors or windows.
2. Place gap covers or pinch guards at the hinges of doors.
3. Beware of doors and windows, as they can be shut suddenly in the wind.

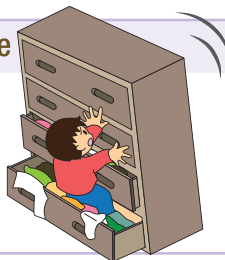


Getting trapped underneath fallen dressers or other furniture

<Safety Tips>

 Around ages 1 to 6

1. Children can get trapped underneath dressers or other furniture by knocking them over when they hang from or climb on them.
2. Furniture such as dressers should be secured in place, and stoppers should be attached on drawers and doors of furniture. Do not let children play with furniture.



Throat injuries caused by toothbrushes, etc. Around ages 1 to 3


<Safety Tips>

1. When children are brushing their teeth, adults should keep a close eye on them. Do not let them hold a toothbrush in their mouth, or walk around while holding a toothbrush. Make sure to have children sit on the floor while they brush their teeth.
2. Choose a children's toothbrush with safety measures, such as a device to prevent the toothbrush from going into the throat.
3. When doing "the second brush," or helping your child finish brushing their teeth, use a toothbrush exclusively for the second brush, since it is more effective than a children's toothbrush. Remember, however, that the toothbrush can hit your child's throat and cause injury. Do not let your child hold it, and keep it out of your child's reach.
4. Do not let children run or walk while holding things in their mouth that could be pushed back into the throat and cause injury, such as chopsticks or forks.

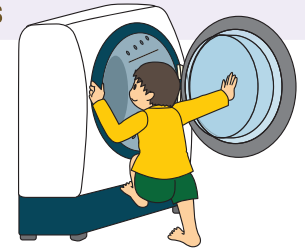


Accidents involving front-loading washing machines

<Safety Tips>

 Around ages 2 to 6

1. There have been accidents where children get into a front-loading washing machine and suffocate.
2. Always make sure to close the lid of a front-loading washing machine, even when it is not in use, and be sure to use the child safety lock function.
3. If the washing machine does not have a child safety lock, take safety measures, such as placing an elastic band around the lid.



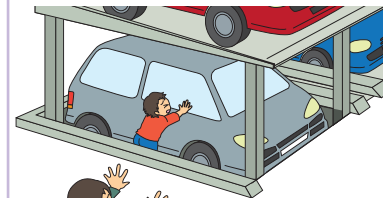
Accidents involving elevators and escalators Around ages 0 to 3

<Safety Tips>

1. Avoid riding escalators when using a stroller, as this can result in falls.
2. When a child gets on an escalator, make sure that an adult holds their hand, and that they stand on the inside of yellow lines, so that their shoes, sandals, the hems of their clothes, etc. won't get caught in the escalator.
3. When using an elevator, be careful not to let children get caught in the door or put their hand in the door frame.



Getting caught in mechanical multistory car parking Around ages 1 to 6



<Safety Tips>

1. There have been accidents where children have gotten caught in the machines at mechanical multistory car parking where adults operate the parking apparatus.
2. While operating the parking apparatus, do not go too far from the apparatus, and make sure children don't go near the machines.
3. Tell your children "not to play in parking lots," "not to touch parking apparatus," and "not to go inside machines."

First aid methods in case of emergency

CPR (Cardiopulmonary resuscitation)

In cases of sudden cardiac arrest due to illness, injury, or drowning, treatment needs to be administered as early as possible. This is because, once blood flow to brain cells stops for several minutes, leaving them without oxygen, those cells never recover their function.

Ambulances need at least several minutes to get to patients after receiving an emergency call, and the first aid given during that time can save a life.

<Chest compression (Cardiac massage)>

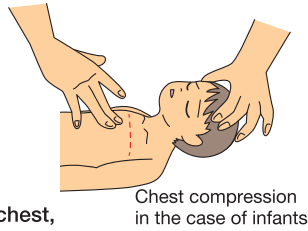
When a person is unconscious and their breathing has stopped, begin CPR immediately by applying chest compression.

○ In the case of small children:

Press down on the bottom half of the sternum with enough strength to sink the chest by one-third of its thickness, at a speed a little faster than a hundred times a minute.

○ In the case of infants:

Press down with two fingers just below the center of the chest, between the nipples, with the same strength and speed.



<Opening the airway / mouth-to-mouth resuscitation>

After applying chest compression, open the airway by giving two rescue breaths. After that, repeat the combination of 30 chest compressions followed by 2 rescue breaths until the ambulance crew arrives. You can open the airway by laying children on their back, tilting their head backward, and lifting their chin up.

○ In the case of small children:

Pinch their nose, press your mouth to theirs, and breathe into their mouth.

○ In the case of infants:

Cover both their mouth and nose with your mouth and breathe into their mouth gently.

AED (Automated External Defibrillator)

An AED is a machine that delivers electrical stimulus to the heart in order to restore a normal heartbeat. If there is an AED nearby, ask someone to get it, then place the electrodes as displayed on the device, and operate according to the voice-guided instruction. If there is no effect, perform CPR by repeating the combination of 30 chest compressions followed by 2 rescue breaths, and operate the AED every 2 minutes.

When a child gets burned

If a child gets burned, cool the burned area with running water from a faucet or shower for 15 to 30 minutes, either directly or through their clothes without undressing.

○ If the burn covers an extensive area, larger than one leg or one arm, call an ambulance or see a doctor immediately.

○ If the burned area is larger than the palm of a hand, or becomes blistered, try not to squeeze the blisters, and see a doctor.

Over-the-counter cooling sheets for fever are not appropriate for use in the treatment of burns. Low-temperature burns caused by electric heating carpets, etc., can be more serious than they look. See a doctor if symptoms get worse or the child continues to have pain.



When a child has swallowed a foreign object and it gets stuck in their throat

Have someone call 119, and try to purge the foreign object immediately in the following ways.

<Back blows>

In the case of small children and infants, do not put your fingers in their mouth. Put them over one of your arms with their face down, supporting their head with your hand (Figure 1). In the case of older children, raise one knee and put the child on your thigh with their face down so that your thigh presses into the child's upper abdomen (Figure 2). In both cases, lower the child's head and beat the middle of their back repeatedly with an open hand. Control your strength so that you won't hurt the abdominal organs.



Figure 1: Back blows (Infants)



Figure 2: Back blows in a different position (Older Children)

<Abdominal thrusts>

In case of older children, put your arms around their chest from behind, clench one hand into a fist on their upper abdomen, and press upward into the abdomen (Figure 3).

If you can't apply compression in this way, have the child lie sideways or make them sit forward and try back blows.



Figure 3: Abdominal thrusts (Older children)

When a child gets injured from bumping into things

○ Injuries on the head:

- If the wound is bleeding, apply pressure to the wound with gauze so as to close it, then have the child rest in bed and keep an eye on the wound.
- If the child is unconscious, bleeding heavily, or vomiting repeatedly, call an ambulance or see a doctor immediately.
- If the child looks pale and doesn't have much energy, see a pediatrician or neurosurgeon. Even if the child is conscious and looks healthy, have them rest for a day or two and keep an eye on them.
- If it's only a bump, have them rest and cool the bump with something cold, such as a cold towel.



○ Injuries on the body:

- If the child has been hit on their arms or legs, cool the bruised part with something cold, such as a cold towel.
- If the child has received a strong blow to the stomach, loosen their clothes, have them rest, and see a doctor.
- Fractured or dislocated arms or legs
- Secure the injured part with a splint, try not to move that part, and see a doctor.



When a child is bleeding

The important point in the treatment of wounds is to stop the bleeding. Firstly, wash the wound with water. This can also help prevent infection. Check the size and depth of the wound, then stop the bleeding by applying pressure to the wound with gauze. If this doesn't work and the wound is still bleeding heavily, continue to put pressure on the wound and see a doctor.