

## Resource for use during Covid-19 where a First Aider requires an extension to their certificate

If a Playcentre member's First Aid Certificate expired on or after 1 Feb 2020, it will be recognised as still valid for the purpose of meeting licensing criteria for three months (until 24 July 2020). This has been approved by the Secretary for Education in recognition of the difficulty in accessing refresher training during the COVID-19 pandemic.

An assessment needs to be made on the first aider's existing knowledge. The assessor will then sign off an attestation about the first aider's competency to provide first aid. The following process can be followed:

### Process

1. One person in the centre (the assessor), preferably with a current first aid certificate, arranges to meet with the first aider
2. From the 12 situations below where first aid maybe needed at a Playcentre, 4 are chosen.
3. The assessor asks the first aider about their responses to the 4 situations, one by one.
4. Should the assessor not be sure about the first aider's knowledge, more questions could be asked.
5. When the assessor feels confident the first aider is competent to provide first aid in the centre, they complete the attestation form (on the Playcentre website).
6. The attestation form is scanned to the centre's CA, and the regional office. The original remains at the centre, with the first aid certificates.

### Question bank which can be used to check a first aider's recall for actions required

12 situations. Choose 4. The suggested answers given come from the St John website May 2020

Trauma	Situation. What would you do if ...?	Suggested answer	Take to doctor	Call for ambulance?
Bee Sting	Child has stung by a bee (sting is still in the skin). What would you do?	<ul style="list-style-type: none"> <li>• Brush or scrape the barb off the skin. Do not squeeze the barb to take it out as this forces more poison into the child)</li> <li>• Apply ice pack (wrapped in damp cloth) for about 10 minutes to reduce swelling and pain</li> <li>• Rest and elevate limb to minimise swelling</li> <li>• If the child has difficulty breathing, or their face/eyes show signs of swelling, they may be having a severe allergic reaction. Call for an ambulance immediately.</li> </ul>		Yes, if allergic reaction is suspected

Foreign object in eye	Child is crying and rubbing one eye. Says it hurts	<ul style="list-style-type: none"> <li>• Lay child down and keep them as still as possible</li> <li>• If object is on the white of eye or under the lid try and flush it out with tepid water or saline</li> <li>• If object is imbedded in eye or cornea, or you can't remove it easily, cover eye with eye patch (to stop child from scratching / rubbing) and get medical help</li> <li>• If the eye is scratched (eh sand that has been rubbed), rinse with tepid water or saline, cover eye with patch, and seek medical help</li> </ul>	Yes, if object is embedded, or eye is scratched	
Object up the nose	Child says there is something up their nose, or they complain of it being sore	<ul style="list-style-type: none"> <li>• Seek medical help</li> </ul>	Yes	
Nose bleed	Nose bleed	<ul style="list-style-type: none"> <li>• Sit child down with head forward</li> <li>• Pinch the soft part of their nose (if child is able to do this have them do it) for 10-20 minutes, and breathe through mouth</li> <li>• Tell child to not sniff, pick or blow nose</li> <li>• If nose is still bleeding after 20 minutes – take to doctor</li> <li>• NOTE – if the nose is bleeding because of a fall or blow to head, call ambulance</li> </ul>	Yes, if nose doesn't stop bleeding	Yes, if nose bleed is due to fall or bump on head
Asthma attack	Child is having difficulty breathing	<ul style="list-style-type: none"> <li>• Let child sit in a comfortable position</li> <li>• Help child with their reliever medication (if child has been diagnosed, their reliever should be in their bag / in medicine cabinet. Permission by parent will have been given.</li> <li>• One puff per minute, repeat until child finds relief. Use spacer if available.</li> <li>• If no inhaler, or child hasn't been diagnosed, call parent.</li> </ul>		
Seizure	Child has convulsion. May be because of rise in temperature (febrile convulsion), or a medical condition	<ul style="list-style-type: none"> <li>• Do not restrain child, but protect if needed (eg move objects away from them)</li> <li>• Febrile convulsion usually lasts a few minutes. Afterwards lay child on back and make sure airway is clear. Cool child slowly.</li> <li>• Seizure for a medical condition may last longer. Treat as above. Child may sleep afterwards.</li> </ul>	Yes – for any seizure in a child	Yes – if seizure lasts more than 5 minutes
Graze	Child falls over and grazes knee	<ul style="list-style-type: none"> <li>• Wash the graze with water</li> <li>• Try to remove any dirt or gravel by cleaning from centre of wound to edges</li> <li>• Apply clean dressing or plaster</li> </ul>		
Bump, bruise	Bump, bruise	<ul style="list-style-type: none"> <li>• Sit child down and raise or support injury</li> <li>• Use a cold compress for 20 minutes to reduce swelling</li> <li>• If needed, bandage the compress to hold it in place</li> </ul>		
Head injury	Child falls and hits head, or is hit on head	<ul style="list-style-type: none"> <li>• Assess child's conscious state – if unconscious call ambulance, place child on their side and maintain open airway</li> <li>• If conscious, but serious, call ambulance &amp; keep child in comfortable position</li> </ul>	Yes, if not serious	Yes, if <ul style="list-style-type: none"> <li>• child is unconscious</li> </ul>

		<ul style="list-style-type: none"> <li>• If not serious, keep child in comfortable position. Ask parent to take them to doctor</li> <li>• Minor scalp wound – wash area with water, apply pressure to stop bleeding, use cold compress to reduce swelling and pain.</li> </ul>		<ul style="list-style-type: none"> <li>• child’s conscious state varies</li> <li>• there is bleeding (severe)</li> <li>• there is fluid discharging from ear</li> <li>• child is vomiting</li> <li>• child’s behaviour is altered</li> </ul>
Fracture of limb	Child is injured and it is suspected fracture	<ul style="list-style-type: none"> <li>• Do not move the limb unnecessarily</li> <li>• Stabilise the fracture (eg tuck into sweatshirt, wrap blanket around both legs) and support the limb. Ask parent to take to hospital / doctor</li> </ul>	Yes	
Burns	Child is helping in the kitchen, and touches oven/element. Barbeque is in use, and child runs into it	<ul style="list-style-type: none"> <li>• Cool for at least 20 minutes (cool not icy water)</li> <li>• After cooling, if skin is damaged, cover with clean non-stick dressing (cling wrap can be used).</li> <li>• If child is in severe pain, or burn involves the eyes, or burn is larger than half the child’s arm, call the ambulance</li> </ul>	Yes, if pain persists, or skin blisters	Yes, if severe burn
Choking	Child is eating, and their windpipe becomes blocked or partially blocked	<ul style="list-style-type: none"> <li>• Partial airway obstruction: child can breathe and cough (but it may be noisy). <ul style="list-style-type: none"> <li>○ Reassure the child.</li> <li>○ Encourage them to cough. Do not use back blows.</li> <li>○ If obstruction isn’t relieved call for ambulance</li> </ul> </li> <li>• Total airway obstruction: child cannot effectively cough, breath or speak. There is no air movement. <ul style="list-style-type: none"> <li>○ Call for ambulance</li> <li>○ If child is conscious give up to 5 back blows (check between blows if the items has been dislodged) <ul style="list-style-type: none"> <li>▪ If a baby lay face down on your lap for the back blows (ensure you support the head) Check between blows</li> </ul> </li> <li>○ if unsuccessful give 5 chest thrusts</li> <li>○ if the obstruction has not been relieved <ul style="list-style-type: none"> <li>▪ ensure ambulance has been called</li> <li>▪ continue alternating back blows and chest thrusts, with a check after each</li> <li>▪ if child becomes unresponsive begin CPR</li> </ul> </li> </ul> </li> </ul>		Yes, for a total obstruction, and if a partial obstruction cannot be relieved