



How to do a primary survey on a baby



Easy read booklet 4

Who we are and what this booklet is about



We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



First aid is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.



We have 8 booklets to help you learn how to give first aid.

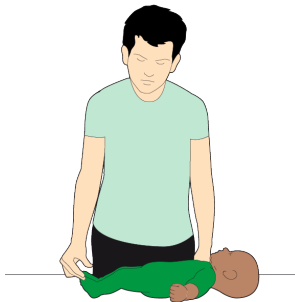


This booklet tells you how to do a **primary survey** on a baby.

How to do a primary survey



A **primary survey** is when you first check someone who is very unwell to find out how you should help them.



If someone is **unconscious**, you should do a primary survey.



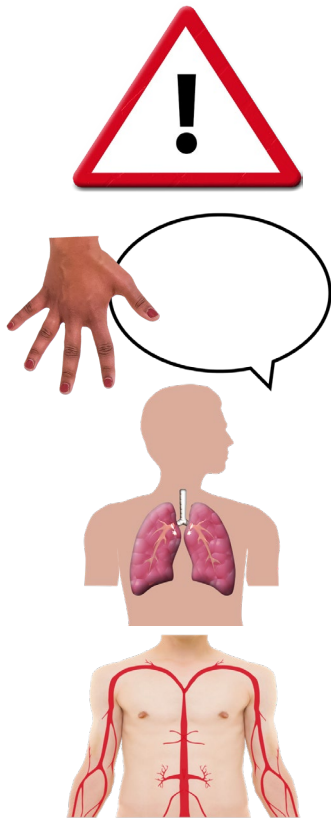
Unconscious means they are not awake and will not wake up if you touch them or talk to them.

5

There are 5 steps you should follow to find out how to help someone who is unconscious.

DR ABC

There are 5 letters to help you remember these 5 steps. **DR ABC.**



DR ABC stands for

Danger

Response

Airway

Breathing

Circulation



Step 1 Danger

You should look around for anything that could hurt you. You need to make sure it is safe for you to help.

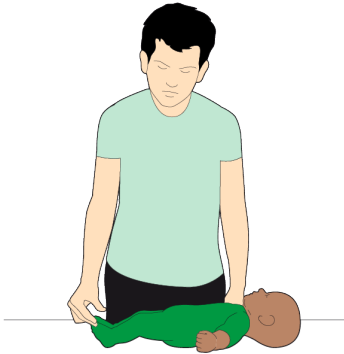


If someone else is with you, ask them to look and move anything that could hurt you or be in your way. For example, a spilled drink or a sharp object.

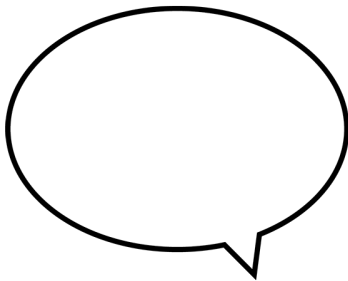


Step 2 Response

A **response** is when someone moves their body or talks when you touch them or talk to them.



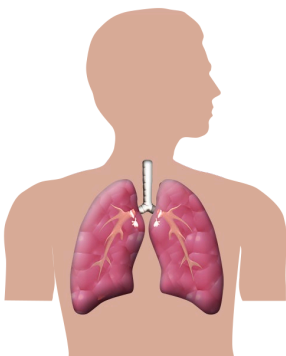
Give the sole of the baby's foot a gentle tap and flick.



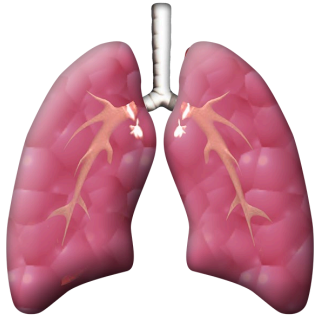
Call the baby's name.



If the baby does not move or make a sound, this means they are **unresponsive**.



If the baby is unresponsive you need to check their **airway**.



Your **airway** is how you breathe.
Your airway lets air go from your mouth,
through your throat, into your lungs.



Lie the baby face up on a hard surface
like a table. A bed or a sofa is too soft.

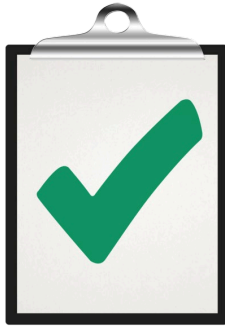
Step 3 Airway

You need to open their airway,
so it is easy for them to breathe.



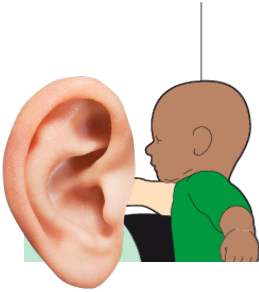
To do this, put 1 hand on their forehead
and 2 fingers under their chin.

Lightly tilt their head until the front
of their neck is just showing.



Step 4 Breathing

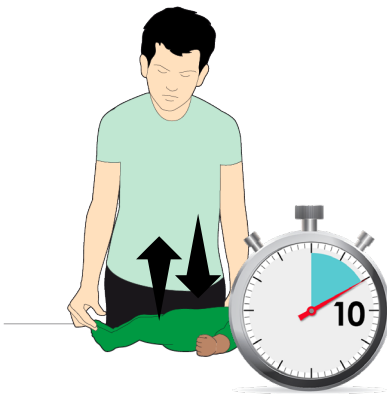
Now their airway is open, check if their breathing is normal.



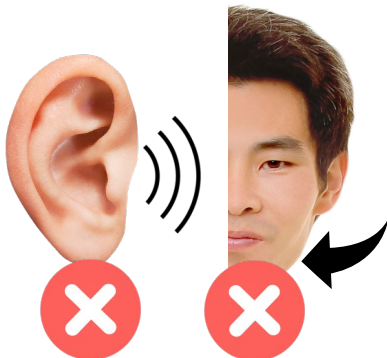
Kneel down and put your ear over their nose and your cheek over their mouth.



You might be able to hear them breathing or feel their breath on your cheek.



Stay where you are and look down at their chest for 10 seconds. Look to see if their chest goes up and down.



Their breathing is not normal if

- you cannot hear or feel them breathing.
- their chest does not go up and down.
- they only gasp every now and then.



If their breathing is not normal you need to call **999** or **112**.



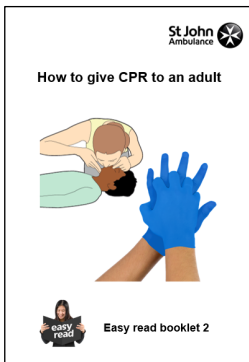
If someone is with you, ask them to call **999** or **112**.



If you are alone, call **999** or **112** and put them on speakerphone so you can start **CPR**.



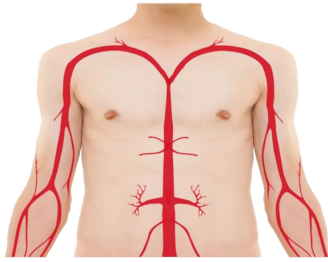
If your phone does not have a loudspeaker, start **CPR** for 1 minute, and then call.



Booklet 2 tells you how to do **CPR**.



If you are Deaf, you can use **Emergency Video Relay Services** to call 999 or 111. **VRS** for short.



If their breathing is normal, check their **circulation**. **Circulation** means how blood moves around your body.



Step 5 Circulation

Check if they are bleeding. If they are they might go into **shock**.



Shock is when the body does not have enough oxygen because a lot of blood has been lost. Oxygen moves around the body through blood.



Try to stop the bleeding. Press a piece of material, like a piece of clothing against the bleeding.

Thank you for reading booklet 4

Thank you to A2i for the words
www.a2i.co.uk (reference 368711)