

Babysitting Course Facilitator's Guide First Aid & CPR Guidelines 2005 Insert

General updates:

When referring to calling for help (previously using the terms call EMS or call 911) it is now "Call EMS/9-1-1" (for example, page 51, 52 and question 20 in babysitting Course Test). This term is more inclusive to the majority of communities within Canada.

The term 'person' or 'child' should be used instead of 'victim' or 'casualty'.

Pg 12 First and second bullets – the minimum ratio is now 1 mannequin for every 4 participants

Under For each participant:, 4th bullet should read: Disposable gloves—vinyl or nitrile (latex-free where possible) (one pair for every participant)

Pg 51 Under C. Rescue Breathing, Key Point: Delete "and has signs of circulation".

Pg 52 Under 1., last bullet and in the shaded box - Change "Check for Signs of Circulation (breathing, coughing, movement, colour of skin)" to "Check for deadly bleeding".

Pg 53 In the first shaded box – Delete 'elevate'.

Delete Activity: Skill – Elevation Demonstration on bottom of pg 52, top of pg 53.

Test The answers to Question 22 in Babysitting Course Test should now read:

- a) Once every 3-5 seconds
- b) Once every 5-6 seconds
- c) Once every 10 seconds

Question 23 in Babysitting Course Test should now read:

The correct way to check for breathing for an unconscious child or baby is to:

- a) talk to the child/baby.
- b) look, listen and feel.
- c) place your hand over the chest.

A revised version of page 3 of the Babysitting Course Test (with updated questions 22 and 23) is on the reverse of this sheet. A complete electronic version of the Babysitting Course Test is available through your local Red Cross Authorized Provider or the Canadian Red Cross at 1-877-356-3226.

17. If you think a stranger is trying to enter the house from the backyard, you should first:
- go outside through the front door to a neighbour's house.
 - telephone the police.
 - shout at the stranger to go away.
18. Someone you do not know phones while you are babysitting and asks for your employer (parent). You should:
- say your employer is out, and take a message.
 - give the caller the number where your employer is.
 - say the employer is busy now, and take a message.
19. In case of a fire, you should:
- call the fire department from a neighbour's house, call the parents, and then get everyone out of the house.
 - call the parents, call the fire department from the neighbour's house, and then get everyone out of the house.
 - get everyone out of the house, call the fire department from a neighbour's house, and then call the parents.
20. You should call EMS/9-1-1 if the child you are caring for:
- is not breathing.
 - has become unconscious.
 - either a or b.
21. In the ABCs of first aid, "B" means:
- burns.
 - breathing.
 - bandaging.
22. You are giving rescue breathing to a six-month-old baby. How often should you blow a puff of air into the baby's lungs?
- Once every 3-5 seconds
 - Once every 5-6 seconds
 - Once every 10 seconds
23. The correct way to check for breathing for a child or baby is to:
- talk to the child/baby.
 - look, listen and feel.
 - place your hand over the chest.
24. The first thing to do if a child cuts himself badly is:
- call the parents.
 - put direct pressure on the wound with a clean cloth.
 - wash off the blood until the bleeding stops.