

First Aid: Bumps on the Head

Emma Hammett from First Aid For Life tells us what to do and look out for



My 2 year old son fell yesterday, bumping his head. He cried, was sick and a short time later curled up on the sofa and went to sleep. I was really scared and took him to the doctor to be checked over. Please tell me how I should deal with head injuries.

Children often bang their heads and it is difficult to tell whether it is serious or not. Fortunately, most head injuries affect the scalp only, which is usually more frightening than life-threatening as head injuries bleed an awful lot.

Call an ambulance:

- If child is unconscious
- Won't stop crying
- Has trouble breathing, is unnaturally drowsy or fitting
- Complains of head and neck pain
- Isn't walking normally
- Vomits more than once
- Has unequal pupils, or whose pupils don't react swiftly and evenly when a torch is shone into them
- Feels weak down one side of their body
- Has an obvious skull fracture, or fluid seeping from the ears or nose
- (If your child is unconscious, carefully roll them in the recovery position and if not breathing, start CPR.)

If your child is not an infant and seems ok:

- Apply a cold pack to the injured area for 10 minutes
- Give Calpol or Calprofen
- They can go to sleep, but check them regularly. If your child won't wake up, call an ambulance immediately.
- Keep an eye on your child over the next couple of days, look out for any of the above symptoms and **call an ambulance** if worried.

This information has been provided for guidance only and is not a substitute for medical advice. First Aid for Life is not responsible or liable for any diagnosis made, or actions taken based on this information.

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