

Child CPR Flowchart

Unresponsive and not breathing normally

Call 999 or 112 and ask for an ambulance

Give 5 initial Rescue Breaths

30 Chest Compressions

2 Rescue Breaths

Continue CPR 30:2

- Approach, stop, think, act remember DRAB
- Apply barriers
- Introduce yourself
- Tap collar bone, tap foot, look for a reaction and ask, "Are you OK?" Ask parent or guardian for permission to help if possible
- Open airway using head tilt, chin lift
- Check for normal breathing for no more than 10 seconds
- If not already done, ask a bystander to activate EMS or if alone, call after one minute of CPR
- Open airway and deliver 5 rescue breaths up to 1 second or until you see the chest rise by pinching the nose closed and blowing in the mouth
- 30 compressions in centre of chest at a rate of 100-120 compressions per minute to a depth of at least one third the depth of the chest with one hand
- Then open the airway and give 2 breaths up to 1 second or until you see the chest rise
- The time between finishing the last compression, giving the two breaths and the next compression should ideally be 5 seconds
- If the infant regurgitates or vomits during CPR turn them onto their side and allow the vomit to drain out
- Repeat until EMS arrive and relieve you, the AED arrives, are relieved by a second rescuer or too exhausted to continue.