

How to administer CPR to children

If a child is unresponsive and not breathing normally or at all, you need to start CPR right away. To do so, you should:

1

Ensure the emergency services are called. If you're alone, give one minute of CPR before calling 999 or 112 on a speaker phone.



2

Start CPR. Kneel next to the child and position them on their back. Gently open their airway by placing one hand on their forehead and tilting their head back, using the fingers of your other hand to lift their chin.



3

Give five rescue breaths, using a face shield if one is available to hand. Keeping their head tilted, pinch their nose with the hand on their forehead. Take a breath, seal your lips around the child's mouth and blow steadily for about one second until their chest rises. Remove your mouth and watch their chest fall. Repeat for a total of five initial rescue breaths.



4

Give 30 chest compressions at a rate of 100 to 120 a minute. With your arms straight, place the heel of one hand on the lower end of the sternum (breastbone) in the centre of their chest. Push down by 5 cm. If you can't achieve a depth of 5 cm with one hand, use both by placing the heel of your second hand on top of the first hand and interlocking your fingers. Release the pressure and then repeat 30 times. Give two rescue breaths.



5

Repeat the sequence of 30 compressions and two rescue breaths until: the child begins to recover and breathe on their own, emergency help arrives, or a defibrillator is ready to be used.



6

Put the child into the recovery position if they start to breathe normally. Continue to monitor their condition as you may need to give CPR again.

