

How to administer CPR to children

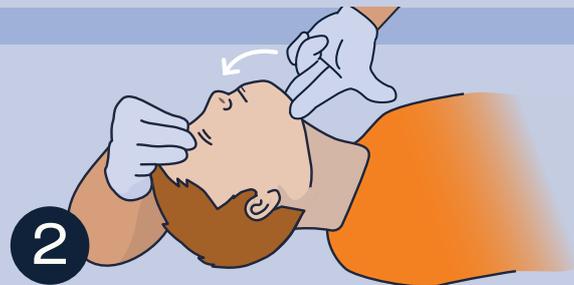


If a child is unresponsive and not breathing normally, or at all, you need to start CPR straight away. To do this, you should:



1

Ensure 999 or 112 have been called and placed on speakerphone. If you are alone and do not have a phone, give one minute of CPR before going to find help.



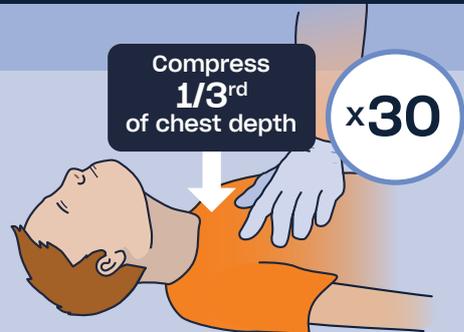
2

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.



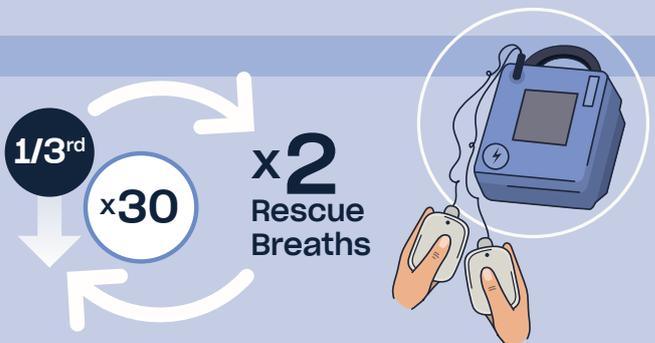
3

Give five rescue breaths, using a face barrier if one is available. CPR for anyone under the age of 18 should begin with these. Keeping their head tilted, take the hand off the forehead and pinch their nose. Take a normal 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. Place the heel of one of your hands on the breastbone in the centre of their chest. With your arm straight, compress the chest to a third of its depth. If you can't achieve that depth with one hand, place the heel of your second hand on top of the first and interlock your fingers to deliver the compression. Release the pressure and repeat 30 times followed by two rescue breaths. If you have received practical training and have been deemed competent, you may be advised to perform CPR at a rate of 15 chest compressions to two rescue breaths on infants, children and adolescents. Where this is not the case or if you are unsure, 30 chest compressions to two rescue breaths is still advised.



5

Repeat the sequence of 30 compressions and two rescue breaths until the child begins to breathe normally, emergency help arrives or an AED is ready to use.



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.