

CPR for children over 1 year – in pictures

Checking vital signs



1 Check the airway

If a child is unconscious, the first step is to check his mouth for any items blocking the airway. These could include his tongue, food, vomit or blood.



2 Clear the airway

If blockages are found, roll him onto his side keeping his top leg bent as shown. This is known as the **recovery position**. Clear any blockages using your fingers, then check for breathing.



3 Check for breathing

If no blockage is found, roll the child onto his back and check for breathing. Listen for the sound of the breath, look for movements of the chest or feel for the breath on your cheek.

Rescue breathing



4a Breathing ?

If the child is breathing, gently roll him onto his side and into the recovery position, as shown. **Phone 000** and check him regularly for continued signs of life until the ambulance arrives.



**4b NOT breathing ?
2 breaths**

If the child is **NOT** breathing, place one hand on his forehead and with your other hand, lift his chin slightly so his mouth opens. Seal your mouth over his mouth, pinch his nose gently and **blow steadily for two breaths**.



**5
PHONE 000**

If there are no signs of life after two breaths, make sure someone has **phoned 000** and **commence chest compressions**.

Chest compressions



6 30 compressions

Position the heel of your hands in the centre of the child's chest; interlace your fingers and lift them off the chest as shown. Using the heel of your hand, give 30 compressions. Each compression should **depress the chest by about one third**.



7 2 breaths

After 30 compressions, take a deep breath, seal your mouth over the child's mouth, pinch his nose and give **2 steady breaths**.



alternate

Continue giving 30 compressions followed by 2 breaths until medical help arrives. If signs of life return, move the child into the recovery position (see #2), however, continue to monitor breathing and be prepared to recommence CPR at any time.