

CPR for children (1 to 8 years)

CPR stands for cardiopulmonary resuscitation.

C = cardiac (heart)

P = pulmonary (lungs)

R = resuscitation (to recover)

It is easier to remember what to do if you think of the ABCs of CPR.

A

Arouse/Airway

1. Supporting the head and neck, turn the child so he or she lies flat, face-up, on a hard surface.



2. Tap and shout, "Are you okay?"
3. If no response, yell, "**Help!**"
 - If someone comes, send person to call 911 and get automatic external defibrillator (AED) if available.
 - If no one comes, start CPR.
4. Open airway with a head-tilt / chin-lift.



B

Breathing

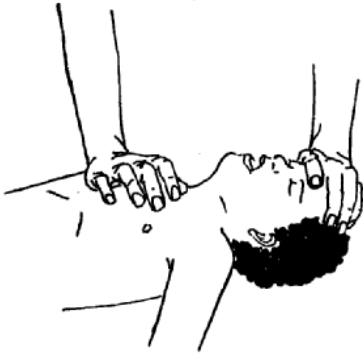
1. Keeping the airway open, check for breathing for 5 to 10 seconds:
 - Put your ear next to the nose and mouth.
 - **Look** to see if chest rises.
 - **Listen** for breaths.
 - **Feel** for breaths on your cheek.
2. If the child is not breathing:
 - Seal the mouth with your mouth. Pinch the nose.
 - Give 2 breaths, just enough to make the chest rise (about 1 second each).



- Watch for chest to rise with breaths.
3. **If the chest rises**, proceed to section C.
 - **If the chest does not rise**, reposition the head and try 2 more breaths. If the chest still does not rise, the airway is blocked. Proceed to section C, but each time you open the airway to give breaths, look in the mouth. If you see something, remove it.

C Chest pushes

1. Quickly open chest clothing.
2. Put the heel of one hand between the nipples on the breastbone. (Put other hand on top if needed.)



3. Push hard and fast:
 - push straight down
 - $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the chest
 - 30 pushes at a rate of about 100 per minute
 - let chest come up after each push
4. Give 2 breaths after each 30 pushes.
5. Do 5 sets of 30 pushes and 2 breaths. This should take about 2 minutes.
6. If not already done, **call 911**. Bring automatic external defibrillator (AED), if available, to child and use it.
7. Do CPR until child is responding (starting to move), or until trained help takes over.

If breathing but not responding:



- Stop CPR.
- Watch the breathing until trained help arrives.
- If no injuries, roll the child onto one side. Do not twist the head, neck, or body while rolling.
- Even if breathing and responding, the child should be taken to the nearest Emergency Room by ambulance.

Important

This sheet is a review of techniques taught in a pediatric CPR class. It is not complete in itself. You must practice these techniques on a manikin with an instructor. **Do not** practice techniques on a person.

CPR for children (1 to 8 years)

Quick reference

<p>A</p> <p>Arouse:</p> <ul style="list-style-type: none"> • Turn on back on hard surface. • Tap and shout, “Are you OK?” <p>Alert:</p> <ul style="list-style-type: none"> • Yell, “Help – call 911!” <p>Airway:</p> <ul style="list-style-type: none"> • Open with head-tilt / chin-lift. 	
<p>B</p> <p>Check for breathing:</p> <ul style="list-style-type: none"> • Look, listen, and feel: 5 to 10 seconds. • Give 2 breaths. • If chest rises, go to C. <p>If chest does not rise:</p> <ul style="list-style-type: none"> • Reposition head and try breaths again. • If chest still does not rise, go to C, but each time you open the airway to give breaths, look in the mouth. 	
<p>C</p> <p>Do chest pushes:</p> <ul style="list-style-type: none"> • Open chest clothing. • Put the heel of 1 hand between the nipples on the breastbone. Use two hands if needed. • Push hard and fast: <ul style="list-style-type: none"> - 1/3 to 1/2 the depth of the chest - 100 pushes per minute - 30 pushes to 2 breaths <p>After 5 sets (about 2 minutes):</p> <ul style="list-style-type: none"> • Call 911 if you are alone. • Use AED if available. • Do CPR until child is responding, or until trained help takes over. 	