



1 Check for situational danger (i.e. oncoming cars, exposed electrical wires, attacker still present etc), maintain your own safety.



2 Check for a response from the child by gently shaking them or asking them if they are ok or sternal rub if necessary. If there is no response call, for help.



3 Lay child on their back, check the child's airway, making sure there is no obstruction (i.e. swallowed object, vomit, mucus).



4 If an obstruction is present, open mouth by grasping tongue and lower jaw between thumb and fingers, and lifting and sweep index finger (hooking motion) deeply into mouth at base of tongue to remove foreign body from throat -this is known as a finger sweep.



5 Check for breathing by LOOKING for rise and fall of chest, LISTENING to sounds of breathing, FEELING for breath on your hand or cheek, for 3-5 seconds.



6 If the child is not breathing, provide 2 rescue breaths by tilting their head back slightly in a neutral position while lifting their chin. Ideally this position should be maintained with the persons head in extension -Beware however if neck injuries are suspected, in which case full extension is not necessary, then pinch nose and cover the mouth with yours and give 2 slow, gentle breaths (1 1/2 sec each) into the mouth and allow the chest to rise and fall between breaths.



7 Watch the chest, if chest does not rise and fall after rescue breaths, retilt head, lift chin up and try again.



8 If spontaneous breathing does not commence after rescue breaths, check for a pulse.



9 Pulses can be found on wrist, elbow, neck or groin. Most commonly used is the carotid pulse in the neck and is easily found 2 finger widths below the 1/2 way along the jaw.



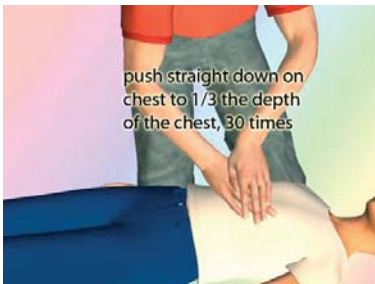
10 If a pulse CAN be felt, DO NOT start chest compressions. Recheck for breathing, restart rescue breaths if necessary.



11 If NO pulse is felt or you are unsure then start chest compressions immediately by following rib cage to where it meets in the center of the lower part of chest (or in between the nipples).



12 Place entire heel of hand (you can use 2 hands in older children) 1-2 finger widths above lower tip of breastbone just below mid-breastbone.



push straight down on chest to 1/3 the depth of the chest, 30 times

13 Straighten your arm, lock elbow and push straight down on chest to 1/3 the depth of the chest, 30 times and let chest relax completely between downstrokes without removing hand from chest.



give 2 slow, gentle breaths

14 Tilt head back, lift chin, pinch nose, and give 2 slow gentle breath.



Alternate

15 Alternate 30 compressions and 2 breaths for 4 cycles (2 min). After 4 cycles check for a pulse.



1 breath every 3 sec for 1 min

16 If child HAS a pulse but is not breathing continue 1 breath every 3 sec for 1 min (20 breaths).



17 If by yourself, and the child still does not have normal breathing, coughing, or any movement, leave the child to call 911.





Repeat


18 Repeat steps 14 and 15 until medical help arrives or the child recovers.





19 If the child recovers, place in recovery position which is on their side.


 DO NOT tilt head back if you suspect a spinal, neck, or head injury. Only attempt to do so if child has no pulse and is in need of chest compressions.

 DO NOT begin chest compressions if child has spontaneous breathing, coughing, or movement.

 If you have help, tell one person to call 911 while another person begins CPR.

 If you are alone, shout loudly for help and begin CPR. After doing CPR for about 1 minute, if no help has arrived, call 911. You may carry the child with you to the nearest phone (unless you suspect spinal injury).

 For personal safety, use a CPR mask if possible. If one is not available, a mask may be fashioned out by making a small hole in a plastic bag and placing the hole over person's mouth. This is to maintain a barrier between the person and you.

 Remember the steps with 'DR ABC' D - Danger R - Response A - Airway B - Breathing C - Circulation