



# CHILD CPR GUIDE



## IF YOU FIND A CHILD UNRESPONSIVE, FOLLOW THESE STEPS TO PERFORM CHILD CPR:

1. Tap the child's shoulder and shout to check for responsiveness.
  - If there is no response and the child is not breathing, begin CPR.
2. Yell for help and ask someone to call 102
3. Ensure the child is on a hard, flat surface, such as a table or the floor.
4. Give 30 chest compressions:
  - Place the heel of one hand in the center of the child's chest, on the lower half of the breastbone or sternum.
  - Push down about  $\frac{1}{3}$  the depth of the chest.
  - Maintain a rate of 100 compressions per minute.

5. Open the child's airway and give 2 rescue breaths:
  - Tilt the child's head up and back slightly past the neutral position.
  - Pinch the child's nose and make a seal around their lips with your mouth.
  - As you give a breath, check for chest rise.
6. Repeat cycles of 30 compressions and 2 rescue breaths. Continue performing cycles of 30 compressions and 2 rescue breaths until:
  - The child wakes up and starts breathing.
  - A trained responder arrives.
  - An automated external defibrillator (AED) is ready to use.
7. If you are alone and there is no one else to call 102, follow these steps:
  - If a phone is within reach, call 102 on speaker phone while continuing CPR.
  - If a phone is not within reach, do 5 sets of 30 compressions and 2 breaths, then get a phone and call 102. After calling, resume cycles of 30 compressions and 2 rescue breaths.

Note: It's important to seek proper training in CPR and first aid to be prepared for emergencies.