

# Infant & Child CPR FACT SHEET



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## DANGER



Before you tend to your child, take a deep breath, centre yourself and quickly scan your surroundings for dangers. Remove or control any possible dangers and then move on to the next step.

## RESPONSE



Talk and touch. Use their name in a loud voice, ask them to open their eyes and squeeze your hands. Squeeze their shoulders and hands, and if they do not respond, pinch the inside of their leg. If your child does not respond normally, send for help!

## SEND FOR HELP



Call 000 or 112 to send for help. Note: If you are home alone with no phone, scoop your child up and run outside to flag down a car or get a neighbour.

## AIRWAY



Check your child's airway is clear of any blockages. If there is something in the mouth, roll your child onto their side away from you and scoop the foreign object out of their mouth.

## BREATHING



Look, Listen and Feel. Listen for a breath, feel for warm air on your cheek and look to see if your hand is rising up and down on their chest. If your child is not breathing or not breathing normally, you must start compressions straight away!

## CPR



- Hard and fast is the key!
  - Give 30 compressions then 2 breaths and repeat until normal breathing returns or paramedics take over
  - Push down 1/3 depth of the chest
  - Two compressions per second
- Compression point in the centre of the chest between the nipples

## INFANT AND CHILD DIFFERENCES

### INFANT (0-1 YEARS)

- **Compressions:** Use two fingers, same location
- **Breaths:** Place your wide open mouth over the infant's nose and mouth and fill your cheeks with air and deliver.
- **Head Position:** No Head tilt, eyes directly to the ceiling

### CHILD (1-8 YEARS)

- **Compressions:** Use the heel of one hand and add your second hand on top if needed
- **Breaths:** Pinch child's nose and place your wide open mouth over their mouth and deliver a short breath until the chest expands or you feel resistance
- **Head Position:** Full head tilt (Place one hand on their hairline and one on their jawline and gently tilt their head all the way back)
- **Note:** Make sure the child is on a hard surface

## DEFIBRIL-LATOR (AED)



If available, attach an automated external defibrillator and follow prompts. If no paediatric pads are available, place 1 x adult pad on the compression point between their nipples and 1 x pad on their back between the shoulder blades. Do not use on infants under one year.

## REFERENCES

- Australian Resuscitation Council ([www.resus.org.au](http://www.resus.org.au))