

Child CPR: The Basics

- A child is anyone between the ages of 1 – 7 years of age
- Use your best judgement whether you should treat the patient like an adult or child



Children go into sudden cardiac arrest often times because of a respiratory problem or traumatic injury. Children have a higher respiratory rate than adults, so when performing CPR you need to give breaths.



Performing Child CPR

- Lay the child on a hard flat surface
- Tap them at the shoulder to see if they are ok
- Look at the chest for 5 – 10 seconds
- If you do not see any movement START CPR
- Place the heel of one hand in the center of the chest, complete 30 compressions, pressing down about 2 inches
- If you can not press down 2 inches with one hand, use two hands
- Provide two breaths
- Cycle continues as 30:2





The Difference Between One Rescuer and Two...

Lone Rescuer:

- After 5 cycles of CPR call 911 and get an AED.
- Then either start CPR again, or attach the AED if it is available

More than One Rescuer:

- Tell someone to call 911 and get an AED, and come back to you.
- Have someone else attach the AED for you while you are performing CPR and rescue breaths.
- Switch partners every 2 minutes, or every 5 cycles.