

Performing Child CPR

Prior to administering CPR on a child (ages 1-puberty)

- Ask the child loudly if they need help while gently tapping their shoulder. If the child responds but is under life-threatening conditions, call 911. Ask the child questions to determine what happened and relay it to the 911 dispatchers.
- If the child is unresponsive ask someone to call 911. If you are alone, administer 2 minutes of care and then call 911.
- Lay the child on their back, tilt the head back slightly and lift the chin. This will open the airway.
- Check to see if the child is breathing. If the child is NOT breathing, deliver 2 rescue breaths. With their head in the same position, pinch the child's nose shut and breathe in their mouth. Make sure that your mouth is completely sealed over the child's.
- If the child is unresponsive to the rescue breaths, begin to administer CPR.

CPR for children (ages 1-puberty)

- Kneel beside the child
- Place the heel of one hand on the center of the chest. If you desire to use both hands (as with adults), place the heel of the second hand on top of the first hand and lock your fingers together.

- Deliver 30 quick compressions. Push hard so that each compression is about 2 inches deep. Push fast, at least 100 beats per minute while ensuring that the chest fully rebounds.
- Give two rescue breaths using the instructions in Part 1.
- Repeat cycles (30 compressions, two rescue breaths) until:
 - The child shows signs of life.
 - An EMS attendant is available to take over.
 - AED becomes available. Immediately turn it on and follow the instructions.

