



ABCs of CPR

For more information about CHKD's community health education programs, medical services and specialties, call 668-7500 or toll-free at 1-800-395-2453. www.chkd.org

Infants (0-12 Months)

Airway

AIRWAY



OPEN AIRWAY

1. Gently tap to see if infant responds.
2. If no response, call out for help.
3. Turn infant on his back and place on a flat, firm surface.
4. Tilt head back in head-tilt/chin-lift position.
5. Look, listen and feel for breathing.
6. If child's not breathing, follow the next steps. Take at least 5 seconds but no more than 10 seconds to check for breathing.

Breathing

BREATHING

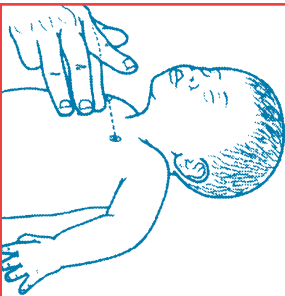


RESCUE BREATHING

1. Cover child's nose and mouth with your mouth.
2. Give 2 slow breaths, each over 1 second. The chest should rise and fall with each breath.

Circulation

CIRCULATION



CHEST COMPRESSIONS

1. If no signs of life (breathing, coughing or movement), start chest compressions.
2. Place 2 fingers on the breastbone, just below the nipple line; press down 1/3 to 1/2 the depth of the chest. Push hard, push fast.
3. Alternate between 30 chest compressions, followed by 2 breaths (using a rate of at least 100 compressions per minute).
4. Continue this cycle of 30 compressions and 2 breaths until help arrives.
5. If help is not available, call 911 after 2 minutes or 5 cycles of CPR.
6. Do not leave the infant alone; take infant to the phone with you.

CHOKING

FOR INFANTS UNDER ONE YEAR

FIVE BACK SLAPS



FIVE CHEST THRUSTS



ALTERNATING

If infant becomes unresponsive or if breathing stops, start CPR. Check the mouth prior to each breath and remove object if seen.

(See reverse side for children 1-8 years old).



ABCs of CPR

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Children (1 to 8 years old)

Airway

AIRWAY



OPEN AIRWAY

1. Gently tap to see if child responds.
2. If no response, call out for help someone who can call 911.
3. Turn child on his back and place on a flat, firm surface.
4. Tilt head back in head-tilt/chin-lift position.
5. Look, listen and feel for breathing. Take at least 5 seconds but no more than 10 seconds to check for breathing.

Breathing

BREATHING

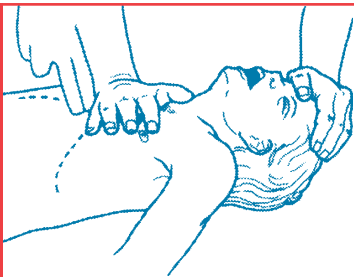


RESCUE BREATHING

1. Cover child's nose and mouth with your mouth or pinch child's nose closed and cover his mouth with your mouth.
2. Give 2 slow breaths, each over 1 second. Watch for a chest rise with each breath.

Circulation

CIRCULATION



CHEST COMPRESSIONS

1. If no signs of life (breathing, coughing or movement), start chest compressions.
2. Place the heel of one hand on the center of the chest. Press down 1/3 to 1/2 the depth of the chest. If you cannot push deep enough with one hand, place your other hand on top and interlock fingers. Push hard, push fast.
3. Alternate between 30 chest compressions, followed by 2 breaths (using a rate of 100 compressions per minute).
4. Continue this cycle of 30 compressions and 2 breaths until help arrives.
5. If help is not available, call 911 after 2 minutes or 5 cycles of CPR.
6. If possible, carry child to phone to call 911.

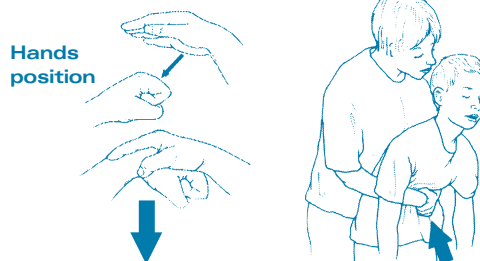
CHOKING

FOR CHILDREN OVER ONE YEAR

If child becomes unresponsive or if breathing stops, start CPR. Check the mouth prior to each breath and remove the object if seen.

Begin the following if the child is choking and is unable to breathe. However, if the child is coughing, crying or speaking, DO NOT do any of the following, but call your doctor for further advice.

USE A QUICK UPWARD THRUST, JUST ABOVE THE NAVEL.



(See reverse side for infants 0-12 months).