



First Aid: Child CardioPulmonary Resuscitation

This video was created in partnership with:

First Aid

Child: Cardiopulmonary Resuscitation

In this video, you will learn how to perform cardiopulmonary resuscitation following cardiac arrest in a child aged between 1 and 12 years old

First Aid techniques

1 - State of consciousness?

If the child loses consciousness, call for help if you are alone

Lay them on their back

2 - Normal breathing?

Check that the casualty is still breathing by placing one hand on their forehead, and the fingers of your other hand beneath the tip of their chin

Gently tilt their head back and lift their chin to open their airways

If you see no breathing movement, hear nothing, nor feel their breath on your cheek, the casualty is not breathing

3 - Alert the emergency services

Call the emergency services and, only if there is one nearby, go and fetch a defibrillator

4 - Defibrillator?

If there are other people around you, ask someone else to fetch a defibrillator

5 - Cardiopulmonary Resuscitation

In the absence of a defibrillator, or whilst waiting for someone to arrive with one, begin cardiopulmonary resuscitation

To do this, place the heel of one hand in the centre of the child's bare chest

Position yourself directly above their chest with your arm straight

Cardiopulmonary Resuscitation

30 Chest Compressions

Perform 30 chest compressions, pressing down to around one third of the depth of the chest

Maintain a rhythm of 2 chest compressions per second

2 Rescue breaths

Alternate 30 chest compressions with 2 rescue breaths, but only if you know how to do them

Or

Chest compressions

Otherwise perform chest compressions only

If you perform mouth-to-mouth breathing, do not forget to tilt the child's head back before each rescue breath and be sure to check that their chest inflates

Continue cardiopulmonary resuscitation without stopping until: the casualty begins to breathe normally, the emergency services arrive, or a defibrillator is brought to the scene

Child Cardiopulmonary Resuscitation

In the first minutes immediately after cardiac arrest, the victim may breathe weakly or take irregular, noisy gasps

These are known as gasps and should not be confused with normal breathing.

<https://www.sikana.tv/en/health/first-aid/first-aid-child-cardiopulmonary-resuscitation>