

PAEDIATRIC CPR

(CARDIOPULMONARY RESUSCITATION)

TECHNIQUES AND WHAT TO DO DURING AN EMERGENCY

Cardiopulmonary resuscitation (CPR) is a first aid technique that can be used if someone is not breathing properly or if their heart has stopped. It involves chest compressions and mouth-to-mouth (rescue breaths) that help circulate blood and oxygen in the body. This can help keep the brain and vital organs alive.

Although you hope you will never use CPR for a baby or child, it is important to familiarise yourself with the procedure in the event of a cardiac or breathing emergency.

BEFORE GIVING A CHILD OR BABY CPR

**1**

Danger

- Check the scene for safety. Remove baby / child and yourself from any danger.

2

Response

- For a baby – shout the baby's name to get the baby's attention. If the baby does not respond, tap the bottom of the baby's foot and shout again while checking for breathing, life-threatening bleeding or other life-threatening condition.
- For a child – shout the child's name to get his/her attention. If the child does not respond, tap the child's shoulder and shout again while checking for breathing, life-threatening bleeding or other life-threatening condition.
- If the baby / child appears unresponsive, check to see they respond (shout – tap – shout)

3

Call for help

- If the child or baby does not respond and is not breathing, call 9-9-9 for help

PERFORMING CHILD AND BABY CPR

If there is no breathing or abnormal breathing in the child, a CPR should be performed on the child/ baby.

1 For a CPR to be effective, place the infant on their back on a firm and flat surface.

2 Locating sternum for chest compressions



- Use your index finger to draw an imaginary line between the nipples to the center of the sternum.



- Place your middle and ring fingers next to your index finger in an upright position.



- Lift your index finger but maintain the middle and ring fingers on the sternum and perform 30 chest compressions. Compress 100 to 120 times per minute, at a depth of 3 to 4 cm.



3 Mouth-to-mouth and nose ventilations

- After 30 compressions, open the airway and perform mouth-to-mouth and nose ventilations.



- o Put one hand on the child's forehead and place your fingers on his/her chin. Gently tilt the head back while lifting the chin. Do not hyper-extend the child's airway.

- o Make a tight seal by placing your mouth over the child's mouth and nose.



- o Give 2 quick and short breaths, each lasting 1 second.

- o Continue with 30 compressions and two mouth-to-mouth and nose ventilation until help arrives or normal breathing returns.



- o If child resumes breathing, place him/her in a lateral position until help arrives. Do not leave the child unattended.

