

Skills Card

Infant and Child CPR



**American
Red Cross**

**TRAINED.
EMPOWERED.
PREPARED.**

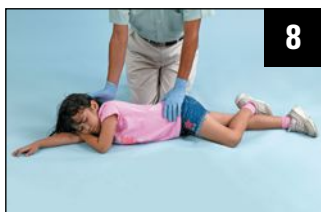
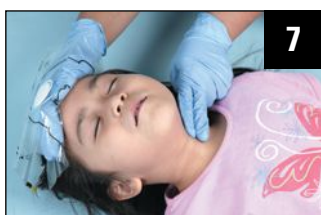
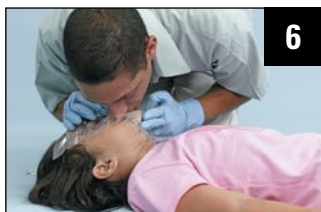
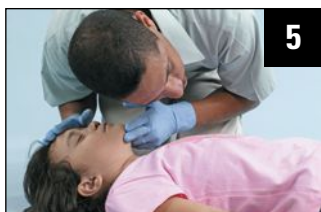
A

CHECKING AN ILL OR INJURED CHILD APPEARS TO BE UNCONSCIOUS

START HERE

For Child (Ages 1 to 12)

(TIP: Wear disposable gloves and personal protective equipment.)



1. **CHECK** scene, then **CHECK** child.
2. Obtain consent from parent or guardian, if present.
3. Tap shoulder and shout, “Are you okay?”
4. No response, **CALL 9-1-1**.
If alone—
 - Give about **2** minutes of **CARE**.
 - Then **CALL 9-1-1**.

(TIP: If an unconscious child is face-down—Roll face-up supporting head, neck and back.)

5. Open airway (tilt head, lift chin), **CHECK** for signs of life (movement and breathing) for no more than **10** seconds.
6. If no breathing, give **2** rescue breaths.
7. If breaths go in, **CHECK** for pulse (and severe bleeding).
8. If breathing, place in recovery position and monitor **ABCs**.

WHAT TO DO NEXT

IF BREATHS DO NOT GO IN—Go to [PANEL D](#).

IF PULSE, BUT NO BREATHING—Go to [PANEL B](#).

OR

IF NO PULSE—Go to [PANEL E](#) or [PANEL F](#) (if AED is immediately available).

B

RESCUE BREATHING—CHILD PULSE, BUT NO BREATHING

After checking an ill or injured child



1. Give **1** rescue breath about every **3** seconds.
 - Pinch nose shut.
 - Make seal over child's mouth.
 - Blow in to make chest clearly rise.

(TIP: Each rescue breath should last about 1 second.)

(TIP: Because children are smaller than adults, do not tilt the head back as far to open the airway.)



2. After about **2** minutes, recheck signs of life and pulse for no more than **10** seconds.

WHAT TO DO NEXT

IF PULSE, BUT NO BREATHING—Continue **PANEL B**.

IF NO PULSE—Go to **PANEL E** or **PANEL F** (if AED is immediately available).

RECOVERY POSITIONS



Recovery Position

Place the child in a recovery position if the child is unconscious, is breathing effectively and there is no suspected head, neck or back injury.



Modified H.A.I.N.E.S. Recovery Position

Place the child in a modified H.A.I.N.E.S. recovery position if a head, neck or back injury is suspected and you are

unable to maintain an open airway **OR** if you have to leave to get help or an AED.

C

CONSCIOUS CHOKING— CHILD

CANNOT COUGH, SPEAK OR
BREATHE



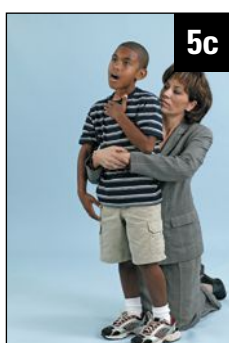
4



5a



5b



5c

1. **CHECK** scene, then **CHECK** child.
2. Have someone **CALL 9-1-1**.
3. Obtain consent from parent or guardian, if present.
4. Lean the child forward and give **5** back blows with the heel of your hand.
5. Give **5** quick, upward abdominal thrusts.
6. Continue back blows and abdominal thrusts until—
 - Object is forced out.
 - Child can breathe or cough forcefully.
 - Child becomes unconscious.

WHAT TO DO NEXT

IF CHILD BECOMES UNCONSCIOUS—**CALL 9-1-1**, IF NOT ALREADY DONE, and Go to **PANEL D**.

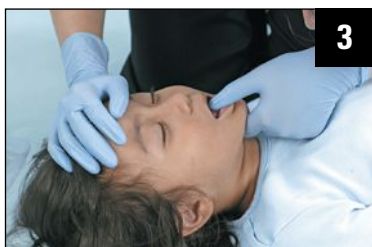
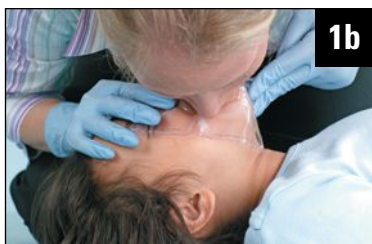
FOR A SUSPECTED POISONING

For life-threatening conditions (e.g., unconsciousness, no breathing or a change in consciousness), **CALL 9-1-1**. Or if conscious, **CALL** the National Poison Control Center (PCC) at 800-222-1222 and follow the advice given.

D

UNCONSCIOUS CHOKING— CHILD

BREATHS DO NOT GO IN



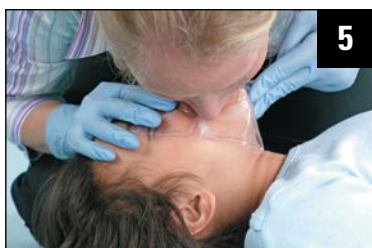
After checking an ill or injured child

1. Retilt child's head.
Try **2** rescue breaths again.

2. If chest does not rise—
Give **30** chest compressions.

(TIP: Remove breathing barrier when giving chest compressions.)

3. Look for an object.
4. Remove if one is seen.
5. Try **2** rescue breaths.



WHAT TO DO NEXT

IF BREATHS DO NOT GO IN—Continue **PANEL D** (Steps 2-5).

IF BREATHS GO IN—

- Check for signs of life, including a pulse.
- Give care based on conditions you find.



E

CPR—CHILD

NO SIGNS OF LIFE AND NO PULSE

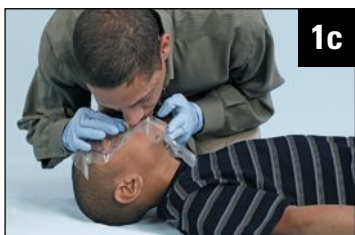


After checking an ill or injured child

1. Give cycles of **30** chest compressions and **2** rescue breaths.



2. Continue CPR until—
 - Scene becomes unsafe.
 - You find signs of life.
 - AED is ready to use.
 - You are too exhausted to continue.
 - Another trained responder arrives and takes over.



WHAT TO DO NEXT

IF AN AED BECOMES AVAILABLE—Go to [PANEL F](#).

IF A PULSE, BUT NO BREATHING—Go to [PANEL B](#).

(NOTE: If two trained responders are present and an AED is available, one should perform CPR while the second responder operates the AED.)

F

AED—CHILD

NO SIGNS OF LIFE AND NO PULSE

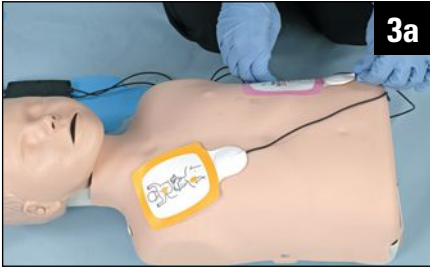


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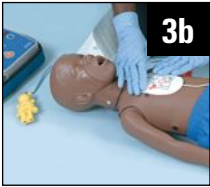
After checking an ill or injured child

For Child (ages 1 to 8 or less than 55 pounds)

1. Turn on AED.
2. Wipe chest dry.
3. Attach **pediatric pads** to bare chest.
 - If pads risk touching each other, use front/back pad placement.
4. Plug in connector, if necessary.
5. Make sure no one, including you, is touching the child.
 - Say, "EVERYONE STAND CLEAR."
6. Push "analyze" button, if necessary. Let AED analyze rhythm.
7. IF SHOCK ADVISED—
 - Make sure no one, including you, is touching the child.
 - Say, "EVERYONE STAND CLEAR."
 - Push "shock" button, if necessary.



3a



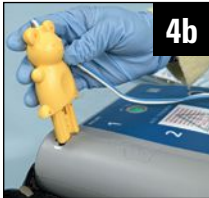
3b



3b



4a



4b



5



7

(Note: If pediatric AED equipment is not available, you are unsure of child's age or weight, or the child is over age 8 or 55 pounds, use adult AED equipment.)

WHAT TO DO NEXT

After shock—Give **5** cycles or about **2** minutes of CPR. Let AED reanalyze.

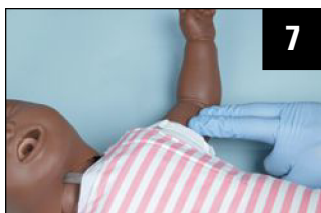
IF NO SHOCK ADVISED—Give **5** cycles or about **2** minutes of CPR.

G

CHECKING AN ILL OR INJURED INFANT APPEARS TO BE UNCONSCIOUS

START HERE

(TIP: Wear disposable gloves and personal protective equipment.)



For Infant (Under Age 1)

1. **CHECK** scene, then **CHECK** infant.
2. Obtain consent from parent or guardian, if present.
3. Flick foot or tap shoulder and shout, "Are you okay?"
4. No response, **CALL 9-1-1**.
If alone—
 - Give about **2** minutes of **CARE**.
 - Then **CALL 9-1-1**.

(TIP: If an unconscious infant is face-down—Roll face-up supporting head, neck and back.)

5. Open airway (tilt head, lift chin), **CHECK** for signs of life (movement and breathing) for no more than **10** seconds.
6. If no breathing, give **2** rescue breaths.
7. If breaths go in, **CHECK** for pulse (and severe bleeding).
8. If breathing, place in recovery position and monitor **ABCs**.

WHAT TO DO NEXT

IF BREATHS DO NOT GO IN—Go to **PANEL J**.

IF A PULSE, BUT NO BREATHING—Go to **PANEL H**.

OR

IF NO PULSE—Go to **PANEL K**.



H

RESCUE BREATHING—INFANT PULSE, BUT NO BREATHING



After checking an ill or injured infant

1. Give **1** rescue breath about every **3** seconds.
 - Seal mouth over infant's mouth and nose.

(TIP: Each rescue breath should last about 1 second.)

(TIP: Because infants are smaller than adults, do not tilt the head back as far to open the airway.)



2. After about **2** minutes, recheck signs of life and pulse for no more than **10** seconds.

WHAT TO DO NEXT

IF PULSE, BUT NO BREATHING—Continue [PANEL H](#).

IF NO PULSE—Go to [PANEL K](#).

SUDDEN INFANT DEATH SYNDROME (SIDS)

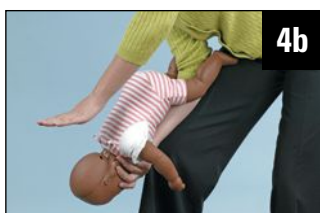
Sudden infant death syndrome (SIDS) is the sudden, unexpected and unexplained death of apparently healthy infants.

To help lower the risk of SIDS—

- Place an infant on his or her back while he or she is asleep.
- Place an infant on a firm mattress.
- Remove all soft, fluffy and loose bedding and stuffed toys from the infant's sleeping area.
- Keep blankets and other coverings away from an infant's mouth and nose.
- Do not allow people to smoke around your baby.
- Prevent an infant from getting too warm during sleep.

CONSCIOUS CHOKING— INFANT

CANNOT COUGH, CRY OR BREATHE



1. **CHECK** scene, then **CHECK** infant.
2. Have someone **CALL 9-1-1**.
3. Obtain consent to give care from parent or guardian, if present.

4. Give **5** back blows.

5. Give **5** chest thrusts.

(TIP: Hold head and neck securely when giving back blows and chest thrusts.)

6. Continue back blows and chest thrusts until—
 - Object is forced out.
 - Infant can breathe or cough forcefully.
 - Infant becomes unconscious.

WHAT TO DO NEXT

IF INFANT BECOMES UNCONSCIOUS—**CALL 9-1-1**, IF NOT ALREADY DONE, and Go to **PANEL J**.

CHOKING PREVENTION TIPS

Action Steps to Prevent Choking

- Seat children in a high chair or at a table while they eat.
- Do not let children eat too fast.
- Give infants soft food that they do not need to chew.
- Supervise children while they eat.
- Cut food into small bites and teach children to chew their food well.

J

UNCONSCIOUS CHOKING— INFANT

BREATHS DO NOT GO IN

After checking an ill or injured infant



1. Retilt infant's head.
Try **2** rescue breaths
again.

2. If chest does not rise—
Give **30** chest
compressions.

*(TIP: Remove breathing
barrier when giving chest
compressions.)*

3. Look for an object.
4. Remove if one is seen.
5. Try **2** rescue breaths.

WHAT TO DO NEXT

IF BREATHS DO NOT GO IN—Continue **PANEL J** (Steps 2-5).

IF BREATHS GO IN—

- Check for signs of life, including a pulse.
- Give care based on conditions you find.

K

CPR—INFANT NO SIGNS OF LIFE AND NO PULSE



1a

After checking an ill or injured infant

1. Give cycles of **30** chest compressions and **2** rescue breaths.
2. Continue CPR until—
 - Scene becomes unsafe.
 - You find signs of life.
 - You are too exhausted to continue.
 - Another trained responder arrives and takes over.



1b



1c

WHAT TO DO NEXT

IF NO SIGNS OF LIFE—Continue CPR.

IF A PULSE, BUT NO BREATHING—Go to [PANEL H](#).

GLOSSARY

Airway, Breathing and Circulation (ABCs)

Open airway and check for signs of life and pulse/severe bleeding.

Signs of Life

Movement or breathing.

Call First, Care First

If you are alone, call 9-1-1 immediately if you witness the sudden collapse of a child or infant. If you did not witness the collapse, give 2 minutes of care before you leave to call for help.

Pediatric AED Pads or Adapters

AEDs equipped with pediatric AED pads or adapters capable of delivering lower levels of energy to a child between 1 and 8 years of age or weighing less than 55 pounds.