

# INFANT AND CHILD CPR

## INFANTS 0 – 1 YEAR

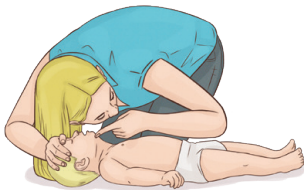
### 1 > Check for consciousness

Try to make contact with the infant and shout for help



### 2 > Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 sec



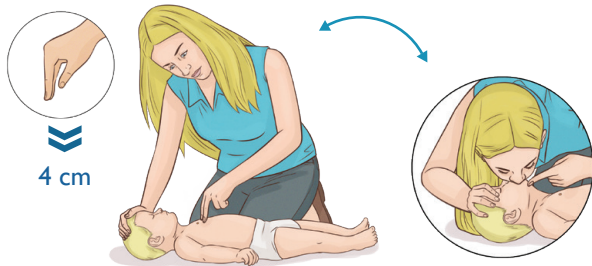
### 3 > No or abnormal breathing

Give 5 rescue breaths until the chest rises - blow carefully



### 4 > Call 112 and begin CPR (put the phone on speaker mode)

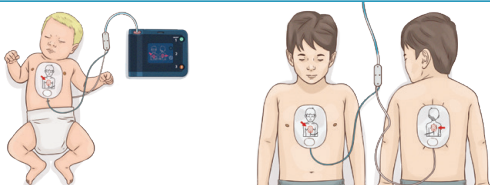
Alternate between 15 compressions and 2 rescue breaths



Push 100-120 times per minute. Continue with 15 compressions & 2 rescue breaths until the child breathes normally or emergency personnel arrives. Cardiac arrest in children is often due to lack of oxygen, therefore give 5 rescue breaths before CPR begins.

### Connect an AED if it is available

Placement of child pads on children up to 25 kg



## CHILDREN 1 – 18 YEAR

### 1 > Check for consciousness

Try to make contact with the child and shout for help



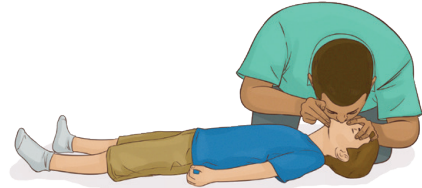
### 2 > Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 sec



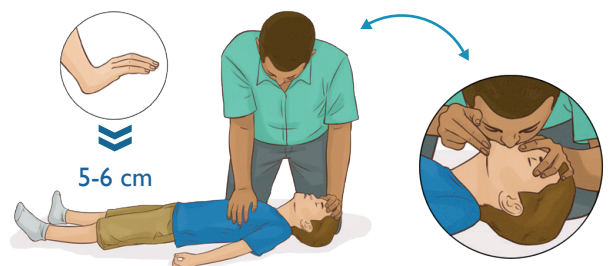
### 3 > No or abnormal breathing

Give 5 rescue breaths until the chest rises - blow carefully



### 4 > Call 112 and begin CPR (put the phone on speaker mode)

Alternate between 15 compressions and 2 rescue breaths



Push 100-120 times per minute. Continue with 15 compressions & 2 rescue breaths until the child breathes normally or emergency personnel arrives. Cardiac arrest in children is often due to lack of oxygen, therefore give 5 rescue breaths before CPR begins.

### Put the child in a recovery position and call 112

Prevent hypothermia and keep monitoring the breathing



Learn how to save lives! Visit [www.hlr-experten.se](http://www.hlr-experten.se)

There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, we have qualified instructors with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.