



**American  
Red Cross**

# Pediatric First Aid/CPR/AED

**READY REFERENCE**



# CHECKING AN INJURED OR ILL CHILD OR INFANT APPEARS TO BE UNCONSCIOUS

## TIPS:

- Use disposable gloves and other personal protective equipment whenever giving care.
- Obtain consent from parent or guardian, if present.

## AFTER CHECKING THE SCENE FOR SAFETY, CHECK THE CHILD OR INFANT:

### 1 CHECK FOR RESPONSIVENESS

Tap the shoulder and shout, "Are you OK?"

- For an infant, you may flick the bottom of the foot.



### 2 CALL 9-1-1

If **no** response, **CALL 9-1-1** or the local emergency number.

- If an unconscious child or infant is face-down, roll face-up, supporting the head, neck and back in a straight line.

If **ALONE**—Give about **2** minutes of **CARE**, then **CALL 9-1-1**.

If the child or infant responds, **CALL 9-1-1** or the local emergency number for any life-threatening conditions and obtain consent to give **CARE**. **CHECK** the child from head to toe and ask questions to find out what happened.

### 3 OPEN THE AIRWAY

Tilt head back slightly, lift chin.

### 4 CHECK FOR BREATHING

**CHECK** quickly for no more than **10** seconds.

- Occasional gasps are not breathing.
- Infants have periodic breathing, so changes in breathing pattern are normal for infants.



### 5 GIVE 2 RESCUE BREATHS

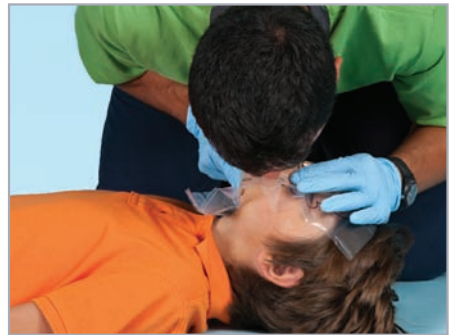
If no breathing, give **2** rescue breaths.

- Tilt the head back and lift the chin up.
- Child: Pinch the nose shut, then make a complete seal over child's mouth.
- Infant: Make complete seal over infant's mouth and nose.
- Blow in for about **1** second to make the chest clearly rise.
- Give rescue breaths, one after the other.



#### TIPS:

- If you witnessed the child or infant suddenly collapse, skip rescue breaths and start CPR (PANEL 7).
- If the chest does not rise with rescue breaths, retilt the head and give another rescue breath.



### 6 QUICKLY SCAN FOR SEVERE BLEEDING

#### WHAT TO DO NEXT

- IF THE CHEST STILL DOES NOT CLEARLY RISE AFTER RETILTING HEAD—Go to Unconscious Choking, PANEL 6.
- IF **NO** BREATHING—Go to CPR, PANEL 7 or AED, PANEL 8 (if AED is immediately available).
- IF BREATHING—Monitor breathing and for any changes in condition.

# CONSCIOUS CHOKING—CHILD

## CANNOT COUGH, SPEAK OR BREATHE

**TIP:** Stand or kneel behind the child, depending on his or her size.

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT FROM THE PARENT OR GUARDIAN, IF PRESENT.**

### 1 GIVE 5 BACK BLOWS

Bend the child forward at the waist and give **5** back blows between the shoulder blades with the heel of one hand.



### 2 GIVE 5 ABDOMINAL THRUSTS

- Place a fist with the thumb side against the middle of the child's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give **5** quick, upward abdominal thrusts.



### 3 CONTINUE CARE

Continue sets of **5** back blows and **5** abdominal thrusts until the:

- Object is forced out.
- Child can cough forcefully or breathe.
- Child becomes unconscious.



### WHAT TO DO NEXT

- IF CHILD BECOMES UNCONSCIOUS—**CALL 9-1-1**, if not already done. Carefully lower the child to the ground and give **CARE** for an unconscious choking child, beginning with looking for an object (PANEL 6, Step 3).

# CONSCIOUS CHOKING—INFANT

## CANNOT COUGH, CRY OR BREATHE

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL INFANT, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT FROM THE PARENT OR GUARDIAN, IF PRESENT.**

### 1 GIVE 5 BACK BLOWS

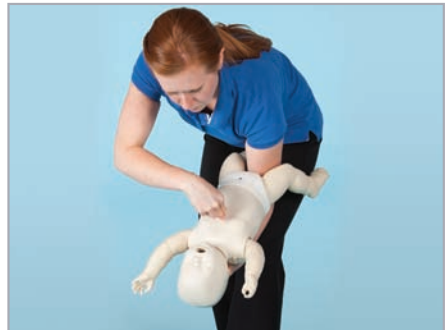
Give firm back blows with the heel of one hand between the infant's shoulder blades.



### 2 GIVE 5 CHEST THRUSTS

Place two or three fingers in the center of the infant's chest just below the nipple line and compress the breastbone about 1½ inches.

**TIP:** Support the head and neck securely when giving back blows and chest thrusts. Keep the head lower than the chest.



### 3 CONTINUE CARE

Continue sets of **5** back blows and **5** chest thrusts until the:

- Object is forced out.
- Infant can cough forcefully, cry or breathe.
- Infant becomes unconscious.

### WHAT TO DO NEXT

- IF INFANT BECOMES UNCONSCIOUS—**CALL** 9-1-1, if not already done. Carefully lower the infant onto a firm, flat surface and give **CARE** for an unconscious choking infant, beginning with looking for an object (PANEL 6, Step 3).

# UNCONSCIOUS CHOKING—CHILD AND INFANT

CHEST DOES NOT RISE WITH RESCUE BREATHS

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:**

## 1 GIVE RESCUE BREATHS

Retilt the head and give another rescue breath.



## 2 GIVE CHEST COMPRESSIONS

If the chest still does not rise, give **30** chest compressions.

**TIP:** Child or infant must be on firm, flat surface. Remove CPR breathing barrier when giving chest compressions.



## 3 LOOK FOR AND REMOVE OBJECT IF SEEN



## 4 GIVE 2 RESCUE BREATHS

### WHAT TO DO NEXT

- IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps 2 through 4.
- IF THE CHEST CLEARLY RISES—**CHECK** for breathing. Give **CARE** based on conditions found.

# CPR—CHILD AND INFANT

## NO BREATHING

**AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:**

### 1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest.

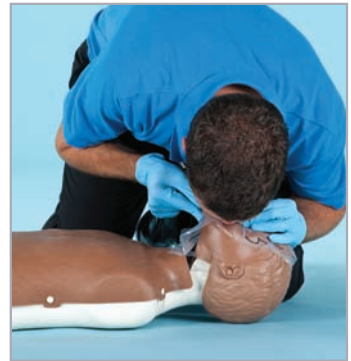
- Child: Push about **2** inches deep.
- Infant: Push about **1½** inches deep.
- Push fast, at least **100** compressions per minute.

**TIP:** Child or infant must be on firm, flat surface.



### 2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Child: Pinch the nose shut, then make a complete seal over child's mouth.
- Infant: Make complete seal over infant's mouth and nose.
- Blow in for about **1** second to make the chest clearly rise.
- Give rescue breaths, one after the other.



### 3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

**TIP:** If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

### WHAT TO DO NEXT FOR CHILD AND INFANT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 8.
- IF BREATHS DO NOT MAKE CHEST RISE—Give **CARE** for unconscious choking (PANEL 6).



# AED—CHILD AND INFANT YOUNGER THAN AGE 8 OR WEIGHING LESS THAN 55 POUNDS

## NO BREATHING

**TIP:** When available, use pediatric settings or pads when caring for children and infants. If pediatric equipment is not available, rescuers may use AEDs configured for adults.

### AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:

#### 1 TURN ON AED

Follow the voice and/or visual prompts.



#### 2 WIPE BARE CHEST DRY

#### 3 ATTACH PADS

If pads risk touching each other, use front-to-back pad placement.



#### 4 PLUG IN CONNECTOR, IF NECESSARY





## 5 STAND CLEAR

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Make sure no one, including you, is touching the child or infant.

- Say, “EVERYONE, STAND CLEAR.”



## 6 ANALYZE HEART RHYTHM

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Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.

## 7 DELIVER SHOCK

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IF A SHOCK IS ADVISED:

- Make sure no one, including you, is touching the child or infant.
- Say, “EVERYONE, STAND CLEAR.”
- Push the “shock” button, if necessary.



## 8 PERFORM CPR

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After delivering the shock, or if no shock is advised:

- Perform about **2** minutes (or **5** cycles) of CPR.
- Continue to follow the prompts of the AED.

### TIPS:

- *If two trained responders are present, one should perform CPR while the second responder operates the AED.*
- *If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*

# CONTROLLING EXTERNAL BLEEDING

**AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:**

## **1** COVER THE WOUND

Cover the wound with a sterile dressing.

## **2** APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS



## **3** COVER THE DRESSING WITH BANDAGE

Check for circulation beyond the injury (check for feeling, warmth and color).



## **4** APPLY MORE PRESSURE AND CALL 9-1-1

If the bleeding does not stop:

- Apply more dressings and bandages.
- Continue to apply additional pressure.
- Take steps to minimize shock.
- **CALL 9-1-1** if not already done.

**TIP:** Wash hands with soap and water after giving care.

# BURNS

**AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:**

## **1** REMOVE FROM SOURCE OF BURN

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## **2** COOL THE BURN

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Cool the burn with cold running water at least until pain is relieved.



## **3** COVER LOOSELY WITH STERILE DRESSING

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## **4** CALL 9-1-1

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**CALL 9-1-1** or the local emergency number if the burn is severe or other life-threatening conditions are found.

## **5** CARE FOR SHOCK

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# POISONING

## AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

### 1 CALL 9-1-1 OR POISON CONTROL HOTLINE

For life-threatening conditions (such as if the child or infant is unconscious or is not breathing or if a change in the level of consciousness occurs), **CALL** 9-1-1 or the local emergency number.

OR

If conscious and alert, **CALL** the National Poison Control Center (PCC) hotline at 1-800-222-1222 and follow the advice given.

### 2 PROVIDE CARE

Give **CARE** based on the conditions found.

# SEIZURE

## AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

### 1 CALL OR HAVE SOMEONE CALL 9-1-1

### 2 REMOVE NEARBY OBJECTS

- DO NOT hold or restrain the child or infant.
- DO NOT place anything between the teeth or in the mouth.

### 3 AFTER SEIZURE PASSES

Monitor breathing and for changes in condition.

### WHAT TO DO NEXT

- Comfort and reassure the child or infant. If fluids or vomit are present, roll the child or infant to one side to keep the airway clear.
- Provide **CARE** based on conditions found.

