

CPR Supplement

Child Basic Life Support

Objectives:

- Discuss various methods of rescue breathing.
- Describe and demonstrate how to perform rescue breathing for a child.
- Identify signs of choking.
- Describe and demonstrate how to care for a choking child.
- Describe and demonstrate how to perform CPR for a child.

Total Activity Time = 60 minutes

Method = Presentation and Small Group Activity

Materials

- Medical exam gloves
- Child manikins (1 manikin per 10 participants)
- Barrier devices
- Sanitizing supplies
- Paper towels

Instructions

CPR

NOTE: For the purpose of CPR, a child is from 1 to 8 years of age.

- CPR is performed when an child is unconscious/unresponsive, not breathing, and has no signs of circulation.
- Unlike adults who often suffer sudden cardiac death, children are more likely to initially suffer from respiratory arrest, which could lead to cardiac arrest.
- To perform CPR on a child:
 - Check responsiveness. (Tap or rub the child's body and shout "Are you okay?")
 - If unresponsive, send a bystander to call EMS. If alone, provide the first minute of care and then make the call to EMS.
 - Give chest compressions by placing the heel of one or two hands over the lower half of the sternum.
 - Open the airway.
 - Give 2 breaths, each for 1 second.
 - Compress the chest at least $\frac{1}{3}$ the depth of the chest, or about 5 cm (2 inches).
 - After each compression, allow chest to recoil completely. Compress chest at a rate of at least 100 times per minute.
 - Give 30 chest compressions and two breaths.