

Skill Steps for Child Rescue Breathing and CPR

1. Check Responsiveness
 - Tap the child and shout, “Are you okay?”
 - If unresponsive, go to step #2.
2. Call 9-1-1 or emergency telephone number
 - Ask a bystander to call the local emergency telephone number, usually 9-1-1.
 - If you are alone, call EMS after 2 minutes of resuscitation, unless a bystander can be sent.
3. Perform CPR
 - Place heel of one or two hands over the lower one half of the sternum.
 - Compress the chest at least $\frac{1}{2}$ the depth of the chest, or about 5 cm (2 inches).
 - After each compression, allow chest to recoil completely. Compress chest at rate of at least 100 times per minute.
4. Open airway
 - Gently tilt the head back slightly and lift the chin.
 - If you see a foreign body, sweep it out with your finger. **Do not** do blind finger sweeps.
5. If breathing, place child in recovery position.
 - If not breathing, give 2 slow rescue breaths (1 second each).
 - If breaths do not cause the chest to rise, resume CPR (step #3).
 - If 2 breaths cause the chest to rise, continue to step #6.
6. Resume chest compressions.
 - Continue with cycles of 30 chest compressions to two rescue breaths for 2 minutes (5 cycles) until the object is expelled.
 - If alone, call EMS after 2 minutes.