

# Skills Performance Checklist: First Aid for a Child Who Is Unconscious/Unresponsive and Not Breathing



## Participant Directive Continued

5. Checks the child manikin's mouth for a foreign object.
  - No foreign object in the child manikin's mouth
    - a. Places the heel of one or two hands over the lower one half of the sternum.
    - b. Performs 30 chest compressions, compressing the chest of the child manikin  $\frac{1}{2}$  the depth of the chest, or about 5 cm (2 inches).
    - c. After each compression, allows chest to recoil completely. Compresses chest at rate of at least 100 times per minute.
  - Foreign object in the child manikin's mouth
    - a. Opens the airway and checks for breathing.
    - b. If participant sees a foreign body, sweeps it out with his or her finger. **Does not** do blind finger sweeps.
6. Gives the child two rescue breaths
  - Checks the child manikin's mouth before giving a rescue breath.
  - Pinches the child's nose closed, and covers child's mouth with his or her mouth.
  - Gives 2 breaths, each over 1 second. Each breath should make the chest rise.
7. If after giving the two rescue breaths there is still no sign of breathing, participant:
  - Continues with cycles of 30 compressions to 2 breaths until the object is expelled.
  - After 5 cycles of compressions and breaths (approximately 2 minutes), if no one has called 911 or the local emergency number, the participant calls them him or herself.