



First Aid & CPR Training Group

## infant & child CPR quick reference guide (0-1 & 1-8 years of age)

**NEW! 2010 STANDARD**


### step-by-step

1. **Area check** – ensure it's safe to approach the victim
2. **Ask permission** – obtain consent from a parent or guardian before moving forward.
3. **Awake** – snap, tap, clap to assess responsiveness

#### **DID YOU KNOW?**

When dealing with an unresponsive infant or child, a lone rescuer should perform 5 cycles (2 minutes) of CPR before going to find help. This change is new as of 2005 because many infants and children respond early to CPR.

### IF THE VICTIM IS UNRESPONSIVE...

4. **Ambulance** (call  + AED + first aid kit) – Have someone call for you. If you are alone, call 911 immediately. If you are alone, perform 5 cycles (2 minutes) of CPR before retrieving help.
5. **Airway** – head tilt, chin lift & check for signs of breathing for approximately 5 seconds (chest rising and falling, warm air from mouth, face is flushed/pink).

### IF THE VICTIM IS NOT BREATHING...

6. **Compressions** – If not breathing, administer 30 chest compressions in the middle of the chest with both hands on top of one another, compressing approximately 1 1/2" - 2" deep and 0.5 seconds each. **Push hard, push fast.**
7. **Breathing** – Completely seal your mouth around your victim's mouth and administer 2 slow, full breaths until you can see the victim's chest rise. If chest does not rise, re-open airway.
8. Repeat steps 6-7 (until EMS arrives, until you are physically exhausted, until someone else takes over or until the victim improves)

**NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.**



**ON-SITE**

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