

# CPR for a Child

# 1

Check the child and the child's ABCs (Airway, Breathing, Circulation).

If the child is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.



# 2

Place both of your hands on the centre of the child's chest.

Do 30 chest compressions: Push deeply and steadily.



# 3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the child's mouth and nose.

Give 2 breaths.



# 4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.



The information in this poster does not replace formal First Aid & CPR training.