

Basic Life Support for Children over 12 months

Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for your child.

Check the area for DANGER to yourself and others around

Check your child for any RESPONSE

- Nudge child's shoulder and call the child's name.
- If no response.....

Shout for HELP (second person arriving to call 000 for ambulance)

Check Airway and Breathing

- Lie child on their back and tilt the head back and support chin forward.
- Open mouth, look for any foreign material and remove anything visible that can easily be removed with your fingers.
- **LOOK** for chest movement.
- **LISTEN & FEEL** for warm air coming out of nose and mouth.



If not breathing...GIVE RESCUE BREATHS

- Place your mouth over your child's mouth ensuring a good seal and pinch nose between thumb and index finger.
- Give 2 gentle breaths, each breath should be enough so that the chest rises and falls.
- If your child starts breathing, turn them onto their side and remain with your child until arrival of the ambulance.

If your child is still not breathing...

LOOK for any signs of life

- Movement / Response
- Coughing / Breathing

If no signs of life start Cardiopulmonary Resuscitation (CPR)

1. Visualise the centre of the chest: place the heel of one hand on the lower half of the breastbone (sternum).
2. For larger children you will need to use two hands - place the other hand on top of your first
3. Start compressions. Push the chest down by one-third the depth of your child's chest. Give **30** chest compressions and then give **2** breaths. Continue with this, aiming to give 100 compressions per minute.



4. If your child starts breathing, turn them onto their side and stay with them until the ambulance officers arrive. Call for help if you haven't already done this.
5. If your child shows no signs of life after 1 minute and an ambulance hasn't been called, take your child with you if possible and continue CPR or leave your child on their side and go to a telephone nearby to call...

- Dial 000... Ask for an ambulance
- Give your exact address, including cross-street & suburb
- Tell them you are doing CPR on a child
- Do not hang up

6. Continue CPR until the ambulance officers arrive or your child begins to breathe.

Remember

“Any attempt to resuscitate is better than none”