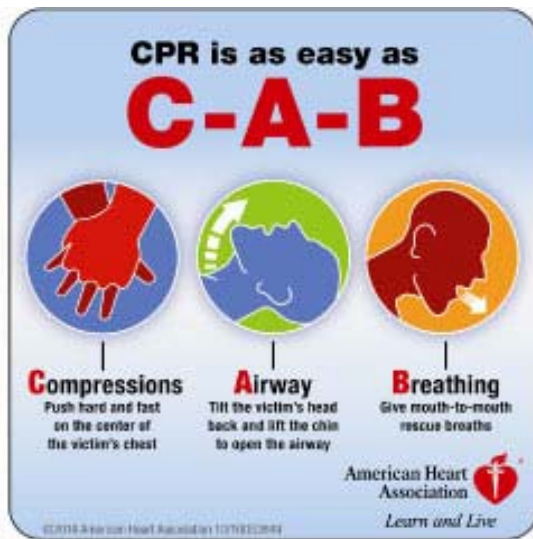


Current Child CPR Standard



Permanent brain damage or death can occur within minutes if a child's blood flow stops. Therefore, you must continue CPR until the child's heartbeat and breathing return, or trained medical help arrives.

CPR can be lifesaving, but it is best done by someone trained in an [accredited CPR course](#). The newest techniques emphasize compression over rescue breathing and airway, reversing long-standing practice.

The procedures described in this article are not a substitute for CPR training. All parents and those who take care of children should learn infant and child CPR if they haven't already.

Time is very important when dealing with an unconscious child who is not breathing. Permanent brain damage begins after only 4 minutes without oxygen, and death can occur as soon as 4 - 6 minutes later.

The following steps are based on instructions from the American Heart Association.

1. **Check for alertness.** Shake or tap the child gently. See if the child moves or makes a noise. Shout, "Are you OK?"
2. **If there is no response, shout for help.** Tell someone to call 911. Do not leave the child alone until you have done CPR for about 2 minutes.
3. **Carefully place the child on his or her back.** If there is a chance the child has a spinal injury, two people should move the child to prevent the head and neck from twisting.
4. **Perform chest compressions:**
 - o Place the heel of one hand on the breastbone -- just below the nipples. Make sure your heel is not at the very end of the breastbone.
 - o Keep your other hand on the child's forehead, keeping the head tilted back.
 - o Press down on the child's chest so that it compresses about 1/3 to 1/2 the depth of the chest.
 - o Give 30 chest compressions. Each time, let the chest rise completely. These compressions should be FAST and hard with no pausing. Count the 30 compressions quickly:
"1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30, off."
5. **Open the airway.** Lift up the chin with one hand. At the same time, tilt the head by pushing down on the forehead with the other hand.
6. **Look, listen, and feel for breathing.** Place your ear close to the child's mouth and nose. Watch for chest movement. Feel for breath on your cheek.
7. **If the child is not breathing:**

- Cover the child's mouth tightly with your mouth.
 - Pinch the nose closed.
 - Keep the chin lifted and head tilted.
 - Give 2 rescue breaths. Each breath should take about a second and make the chest rise.
8. Continue CPR (30 chest compressions, followed by 2 breaths, then repeat) for about 2 minutes.
 9. After about 2 minutes of CPR, if the child still does not have normal breathing, coughing, or any movement, leave the child if you are alone and **call 911**.
 10. Repeat rescue breathing and chest compressions until the child recovers or help arrives.

If the child starts breathing again, place him or her in the recovery position. Periodically recheck for breathing until help arrives.