



# First Aid for Children



## CPR

- 1 Perform 30 chest compressions at a rate of 100-120 per minute  
**Infant:** *Using 2 fingers only pressing at least a third of the depth of the infant's chest*  
**Child:** *Using the heel of one hand pressing at least a third of the depth of the infant's chest*
- 2 Give 2 rescue breaths
- 3 Continue alternating 30 chest compressions with 2 rescue breaths
- 4 After 5 cycles dial 999/112 for an ambulance if a helper hasn't already done so
- 5 Continue with CPR until professional help takes over



## SEVERE BLEEDING

- 1 Apply direct pressure to the wound and elevate the injured limb
- 2 Do not remove embedded objects
- 3 Dial 999/112 for an ambulance
- 4 Prevent shock by lying the child down with their feet raised
- 5 Apply a dressing firmly to control bleeding and maintain injured area in a raised position



## CHOKING

### CHILD

- 1 Perform up to 5 back blows with the heel of your hand between their shoulder blades.
- 2 If unsuccessful, try up to 5 abdominal thrusts with both arms around the child's waist pulling sharply inwards and upwards just above their belly button.
- 3 Continue alternating back blows and abdominal thrusts until the object is dislodged.
- 4 If unsuccessful or the child becomes unresponsive dial 999/112 and start CPR immediately.

### INFANT

- 1 Place the infant in one arm in the face down position along your thigh holding the infant's head and jaw in your palm and keeping their head lower than their chest
- 2 With the heel of your other hand apply up to 5 back blows using the heel of your hand between the shoulder blades
- 3 Turn the infant over on their back
- 4 Apply up to 5 chest thrusts using two fingers pushing down on the breastbone just under the nipple line in the centre of the chest
- 5 Continue alternating back slaps and chest thrusts until the object is dislodged.
- 6 If unsuccessful or the infant becomes unresponsive call 999/112 and start CPR immediately