

CPR REVIEW (CHILD)

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CPR - Child casualty (1 - 8 years old)

Arrive at the scene, an unconscious child between 1-8 years old is lying on the floor.

You must obtain consent from the parent or guardian prior to performing first aid on a child whether conscious or unconscious.

- 1Begin ESM, start the scene survey, identify yourself as a first aider to the parent or guardian and offer to help (if those people are around). If there is no parent or guardian to obtain consent from, you **MUST CALL EMERGENCY SERVICES FIRST** and then make the judgment call whether to proceed further.
- Assess responsiveness, Are you ok? Assess any response, gently tap the shoulders. If no response go to the next step.
- Send a bystander for medical help. If you are alone, go for help yourself but carry the child with you if possible.
- Place the casualty face up, protecting the head and neck during any movement. Open the airway by tilting the head as you would for an adult casualty.
- Check for breathing for up to 10 seconds. (same as adult casualty).
- Breathe into the casualty twice. For a child casualty, use just enough air to make the chest rise.
 - If the chest doesn't rise when you blow: reopen the airway by tilting the head, pinch the nose again, make a better seal around the mouth, try blowing again and if the chest still doesn't rise give first aid for choking.

- Check for signs of circulation-movement, coughing in response to the 2 breaths, and a pulse at the neck. Do not feel or compress on both sides of the neck at the same time for the pulse. This is done by keeping the head tilted. Slide 2 fingers into the groove of the neck just down from the Adams apple, press gently to detect the pulse, take no more than 10 seconds.
 - Pulses can be hard to find, so if you are not sure if there is a pulse start CPR right away. If there are signs of circulation begin AR.
- Make sure the casualty is on a firm flat surface and landmark to position one hand on the chest for chest compressions.
 - Kneel so your hands can reach the head and chest
 - Keep the head tilted with one hand, put the index finger on the breastbone.
 - Locate the bottom edge for the rib cage with the fingers of the hand closest to the feet, slide middle finger to the notch where the ribs meet.
 - Place the heel of the landmarking hand midline on the breastbone just above the spot where the index finger was positioned
- Give CPR for one minute, which is about twenty cycles of CPR. Give 5 compressions
 - Depress and release the chest rhythmically
 - Press the heel of one hand straight down on the breastbone
 - Keep the heel of the hand touching the chest at all times
 - The pressure and release phases take the same time
 - Give compressions out loud to keep track of how many you have given, and to help keep a steady rhythm.
 - And one ventilation - this is one cycle of 5:1 (5 compressions to 1 breath). Give 10 more cycles of 5:1. This will be about one minute of CPR.
- Reassess the signs of circulation to see if the casualty's heart has started to beat, and if breathing has also started. Go to the next step if there are still no signs of circulation.
- Continue compressions and ventilations in the ration of 5:1 and begin with compressions. Check for signs of circulation and breathing every few minutes. Continue CPR until either the casualty's pulse returns. Another first aider takes over, medial help takes over or you are exhausted and cannot continue.

If you are exhausted and cannot continue, stop but remain with the casualty until help arrives.