

How to perform child and baby CPR

1 Chest Compressions

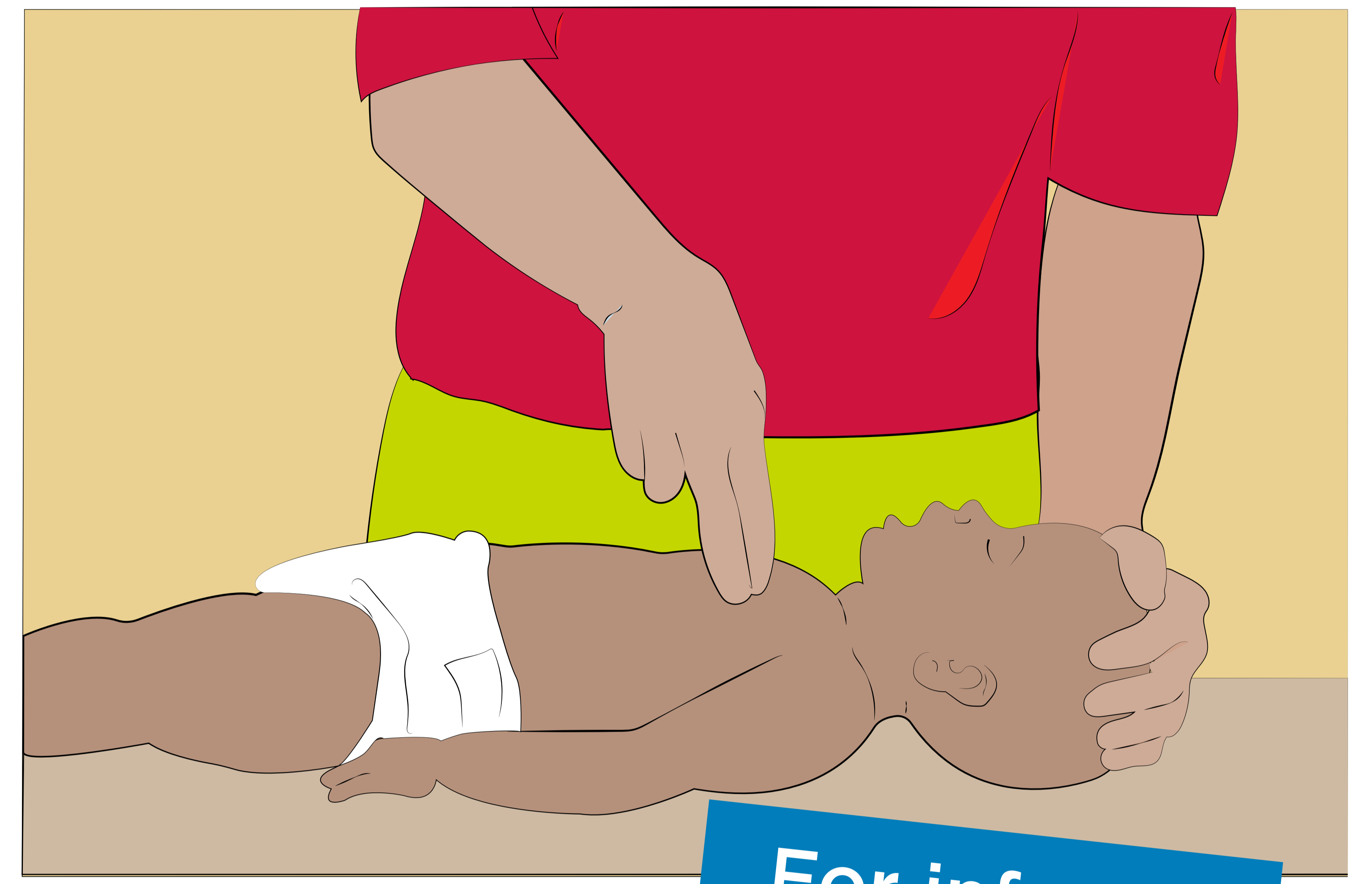


For children

30 chest quick compressions

Lay the **child** down on a **flat, firm surface**. Place the **heel of your hand** over the **third area** of their **breastbone**.

Place **your hands** at the centre of the **chest**. Lace your fingers together. Deliver **30 quick** compressions that are each about **5 centimetres** deep.



For infants

30 chest quick compressions

Use **2 fingers** to deliver 30 quick compressions that are each about **4 centimetres** deep.

Press **hard enough** so that the **chest moves down 5 centimetres**. This will help get the **blood flowing** to the **vital organs** and **the brain**.

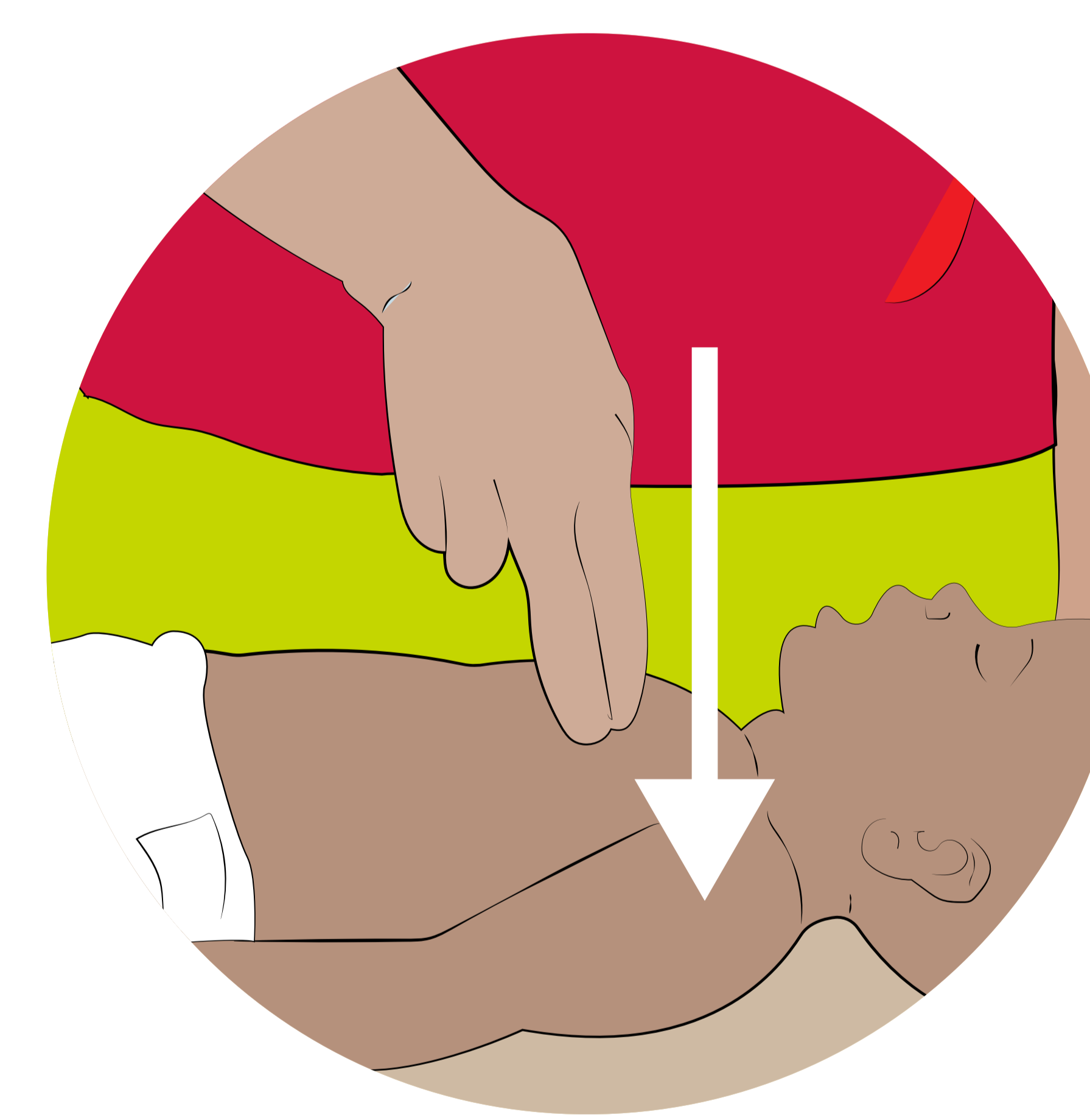


2 Push hard, push fast



For children: Deliver **30 quick** compressions that are each about

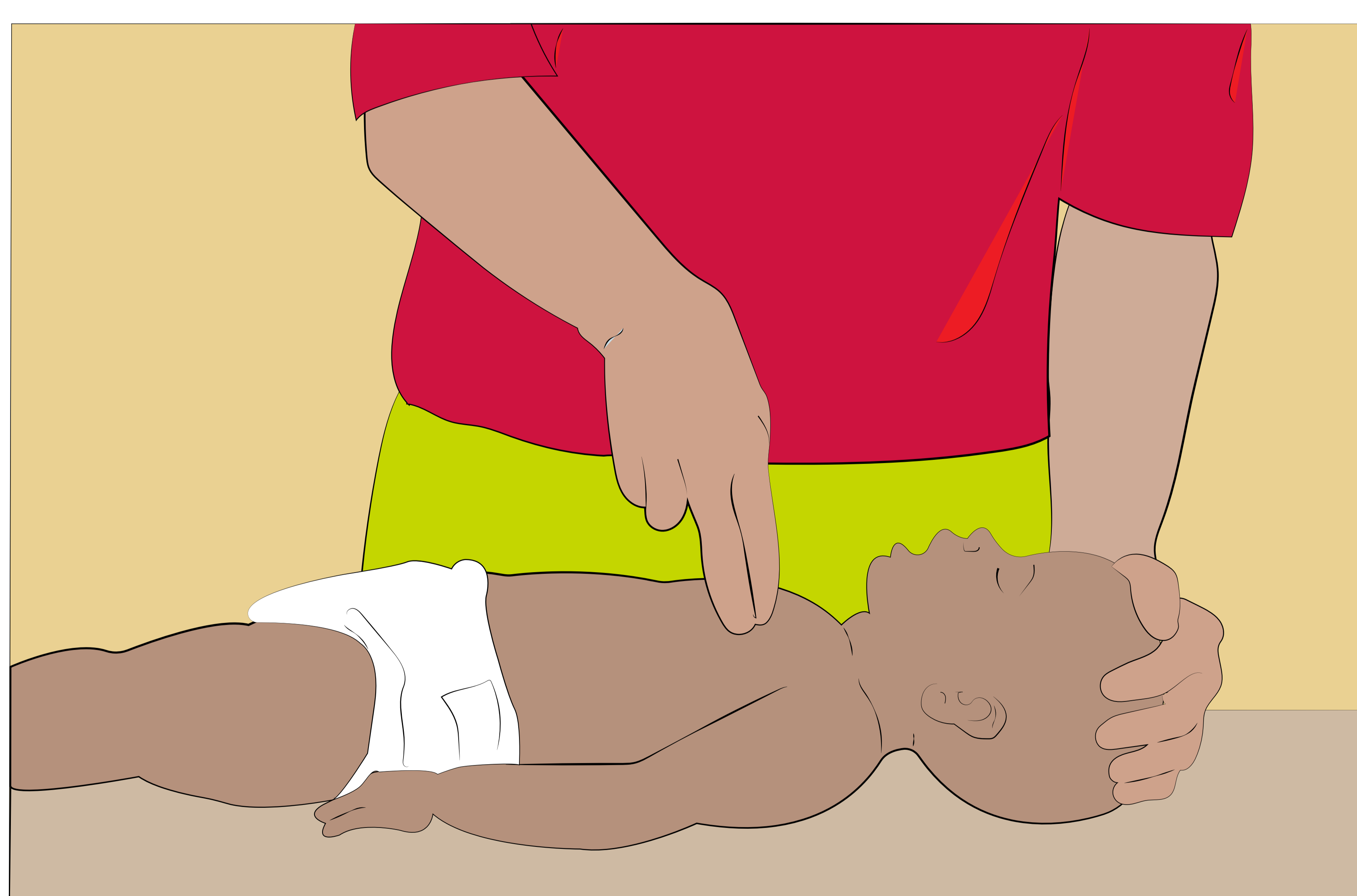
4 cm deep.



For infants: Deliver **30 quick** compressions that are each about

4 cm deep.

3 Keep going



Repeat

30 chest quick compressions

till the **child** is able to **breathe** or the **ambulance** arrives.

