

CPR - Cardiopulmonary Resuscitation



- **CPR** involves doing chest compressions and giving mouth-to-mouth (rescue breaths) using a mouth-piece. **Compressions are the most important part of CPR and if you cannot do mouth to mouth, COMPRESSIONS CAN STILL BE EFFECTIVE.**
- If your child is choking but conscious, try to dislodge the obstruction first.
- **Refer to [First Aid for Choking infographic](#)** on danger signs and steps to follow.
- **ONLY IF they have become unconscious, should you move onto first responder CPR techniques like chest compressions and rescue breathing.**
- If they are coughing or gagging, it means their airway is only partially blocked. If that's the case, let them continue to cough, leaning in a forward position. **Coughing is the most effective way to dislodge an obstruction.**
- Infants under 1 year typically do not have an effective cough when choking, as their airway reflexes are immature. **Refer to [First Aid for Choking - Infants under 1yr.](#)**

WHEN? - YOU SHOULD START CPR IF THE CHILD IS:



- **UNCONSCIOUS** - unresponsive.
- **STOPPED BREATHING** or **BREATHING ABNORMALLY.**
- For infants and children, **breathing problems often lead to cardiac arrest**, so early rescue breaths are especially important before chest compressions. Use a CPR Mouthpiece to prevent transmission of possible diseases.

PROTOCOL TO FOLLOW BEFORE PERFORMING CPR



1. **SAFETY** - Make sure that the area is safe.
2. **RESPONSE** - Loudly ask their name - squeeze their shoulders.
- For infants - gently flick their feet.
3. **CALL EMERGENCY SERVICES** - Have these numbers updated and ready.
DO NOT LEAVE THE PERSON.
4. **CHECK AIRWAY** - Place them in recovery position:
 - Roll the child onto their side, with the head slightly tilted back and the chin lifted to keep the airway clear.
 - Open their mouth and check that their throat and nose are clear of any obstructions i.e. vomit, food, etc.
 - Remove any obvious obstructions.
5. **CHECK BREATHING** - Look, listen and feel for 10 seconds. Place your hand on their stomach, your ear to their mouth and look to see if their chest is rising and falling. If, you are still unsure give 2 rescue breaths. **If the child's chest doesn't rise and fall, check again for blockages, the child might be choking - [First Aid for Choking](#).**
 - If they are breathing normally, leave them in recovery position. Stay with them.
 - Keep checking their breathing until help arrives.
 - **If they have become unconscious, immediately call emergency services. [Start CPR.](#)**

FIRST AID FOR CHOKING



FOR INFANTS UNDER 1yr



STEP 1: STAY CALM | ACT FAST | ASSESS THE INFANT'S CONDITION

STEP 2



ASSESSING THE INFANTS CONDITION

Infants under 1 year typically do not have an effective cough when choking, as their airway reflexes are immature.

⚠️ **Airways can also become blocked when a child has an anaphylactic reaction, has severe croup, vomits during a seizure or loses consciousness.**

You treat these conditions and reactions differently from the way you respond to choking. It's important to know your emergency action plan if your child has any of these conditions.

STEP 3



CHECK BREATHING & SKIN COLOUR. DANGER SIGNS:

Distress, possible coughing, gagging, difficulty breathing, no sounds, changed face or lip colour, and loss of consciousness.

If any of these signs are present, remain calm and start first aid for choking.

If you can see the obstruction and it is easily accessible you can remove it with a finger sweep.

Do not fiddle around in the baby's throat. You could risk pushing the obstruction further back.

STEP 4



CALL FOR HELP AND EMERGENCY SERVICES.

Have emergency numbers for your area saved on your phone as well as printed copies.

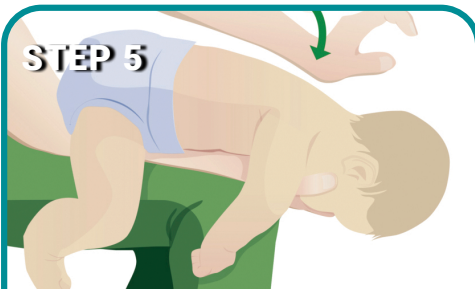
NB IF THE BABY BECOMES UNCONSCIOUS AT ANY TIME

OPEN AIRWAY and give 2 Rescue Breaths. **Refer to INFANT CPR -STEP 4B.**

If the baby's chest doesn't rise and fall while doing rescue breaths, check again for blockages, the baby might be choking. **Continue onto STEP 5 below.**

DISLODGING THE AIRWAY OBSTRUCTION WHEN BABY IS CONSCIOUS

STEP 5



POSITIONING INFANT

Lay baby face down on your forearm, support their chin with your thumb and index finger, **ensuring that you are not covering the baby's mouth or twisting their neck.**

The baby's head should be slightly lower than their chest.

The baby's chest should now be firmly leaning against your arm, using your thigh for support.

STEP 6



GIVE 5 FIRM BACK BLOWS

Give 5 firm, but gentle back blows between their shoulder blades, using the heel of your hand.

Pause, and check the baby's mouth to see if the obstruction has dislodged.

If at any point the airway clears, place the baby in recovery position and continue monitoring.

If there is no change, start performing 5 chest thrusts, alternating between 5 back blows.

STEP 7



GIVE 5 CHEST THRUSTS

Turn baby around, staying in the same position, this time with their head slightly down.

Place two fingers on the centre of their breastbone, just below the nipple line.

Give 5 quick thrusts down, being careful not to use too much force, approximately one third down.

Continue alternating for 3 cycles. If there is still no response, begin CPR until EMS arrives.

INFANT CPR - Under 1yr

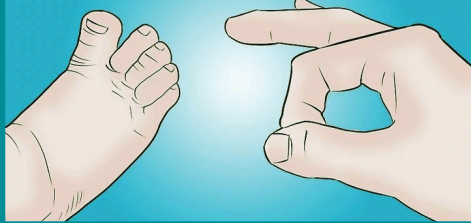


Though CPR should be administered by individuals trained at a certified first aid course, ordinary bystanders can also make a significant difference in the survival of children undergoing cardiac arrest.

STEP 1: CALL EMERGENCY SERVICES!



STEP 2



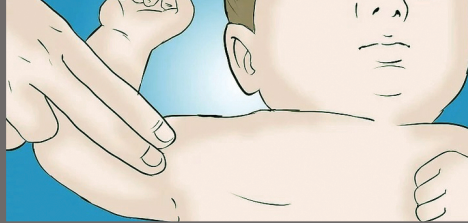
CHECK IF THE BABY IS CONSCIOUS

It's best to flick your fingers against the feet.

If the baby doesn't respond, if possible, ask someone to call for emergency help while you go on to the next step.

If you are alone with the baby, refer to [STEP 5 of First aid for choking first](#): **Alternating with back blows and chest thrusts for 2 minutes, while getting EMS on the line.**

STEP 3



CHECK BABY'S PULSE AND BREATHING AGAIN

Place your index and middle fingers on the inside of the baby's arm, between the elbow and the shoulder.

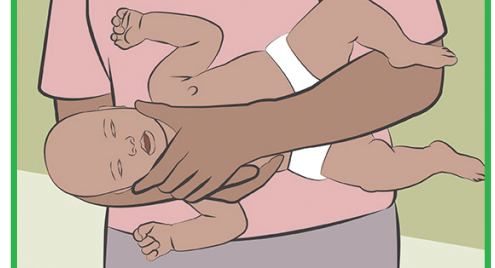
HAS PULSE & BREATHING.

DO NOT START CPR. Instead, put the baby in recovery position.

NO PULSE.

Start by opening the airway and giving 2 rescue breaths.

STEP 4A

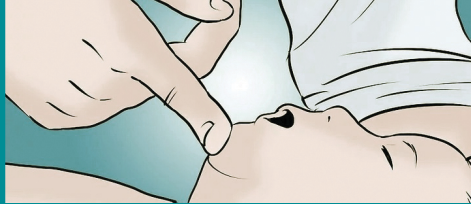


RECOVERY POSITION

Place the baby in the recovery position **on their side with their head tilted down.**

Check the baby regularly for breathing and responses until the ambulance arrives.

STEP 4B



OPEN AIRWAY GIVE 2 RESCUE BREATHS USING A MOUTHPIECE

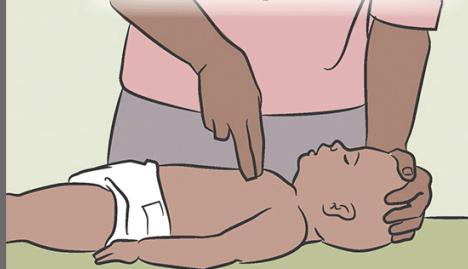
Hold the baby's head so that their chin doesn't drop and their head is tilted slightly upwards.

Place the mouthpiece over the baby's mouth and nose, creating a tight seal. Gently blow into the mouthpiece for about one second, watching for the chest to rise.

After each breath, remove the mouthpiece and allow the chest to fall before delivering the next breath.

If the baby's chest doesn't rise and fall, check again for blockages, the baby might be choking. Start first aid for choking. If baby is unresponsive, continue with CPR

30 compressions

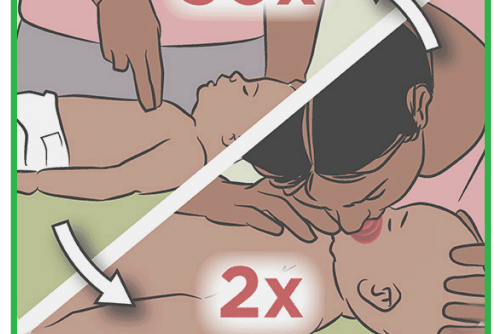


STEP 5

CPR | 30 Compressions

1. Place the baby on a firm surface on their back.
2. Put 2 fingers in the centre of the baby's chest, between their nipples.
3. Do **30 compressions – 2 compressions per second.**
4. Each compression should push the chest down by about one-third.

STEP 6 30x



GIVE 2 RESCUE BREATHS

Keep giving 30 compressions followed by 2 breaths until medical help arrives.

If the baby starts breathing and responding, put the baby into the recovery position.

Keep watching the baby's breathing.

Be ready to start CPR again at any time.

FIRST AID FOR CHOKING



FOR CHILDREN | 1-18yrs



STEP 1: STAY CALM | ACT FAST | ASSESS THE CHILD'S CONDITION

STEP 2



CHECK FOR THESE SIGNS

Signs a child is choking include:

- Coughing OR inability to cough.
- Grabbing at or pointing to their throat.
- Gagging, noisy breathing, distress, breathing difficulty.
- No sounds, paleness, changed face or lip colour.
- **Complete loss of consciousness.**
CALL EMS >> [START CPR.](#)

STEP 3



IF THE CHILD IS COUGHING

This means the airway is only partially blocked.

Encourage the child to cough to clear the blockage.

If the blockage clears, **place the child into recovery position.**

If it doesn't clear or the child can't cough properly, **stay with them and phone EMS immediately.**

Follow the steps below, to try and dislodge the obstruction whilst you wait for EMS to arrive.

STEP 4



CALL FOR HELP AND EMS

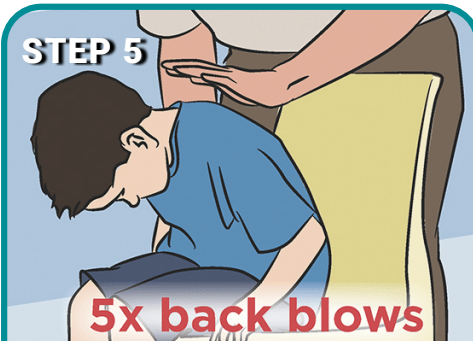
Have emergency numbers for your area saved on your phone as well as a printed copy on every level of your house for an Adult or an older child to have access to.

Do NOT take for granted that these numbers are always in use. **Update regularly by phoning & checking that they exist.**

Be aware that **prepaid phones can be a huge hazard** in an emergency. **Running out of airtime can be fatal.**

DISLODGING THE AIRWAY OBSTRUCTION WHEN CHILD IS CONSCIOUS

STEP 5



5x back blows

GIVE 5 FIRM BACK BLOWS

- Bend the child forward.
- With the heel of your hand, give **a firm back blow between the shoulder blades.**
- Give up to 5 blows.
- Pause and check the child's mouth between each blow to see whether the obstruction has dislodged.
- If it hasn't cleared, move onto chest thrusts.

STEP 6



5x chest thrusts

GIVE 5 CHEST THRUSTS

- **Put one hand in the middle of the child's back and the heel of your other hand on their chest.**
- Do 5 chest thrusts:
Thrust upwards and inwards on the child's chest.
- Pause and check the child's mouth between each thrust to see whether the obstruction has dislodged.
- If the blockage clears, **place the child into recovery position.**

STEP 7



alternate

ALTERNATE

If the child is still choking:

- Alternate 5 back blows and 5 chest thrusts until emergency help arrives.
- **IF THE CHILD BECOMES UNCONSCIOUS AT ANY POINT - [START CHILD CPR.](#)**

CHILD CPR | 1-18yrs+



STEP 1: CALL EMERGENCY SERVICES!



30 compressions

STEP 2

30 COMPRESSIONS

- Put the child on a firm surface on their back.
- **1-8yrs: Use 1 hand.** Put the heel of your hand in the centre of the child's chest.
- **9yrs+: Use 2 hands.** Put the heels of both hands in the centre of the child's chest, interlocking your fingers.
- **With your arm/s straight, do 30 compressions.**
- 2 compressions per second.
- Each compression should **push the chest down by about one-third.**

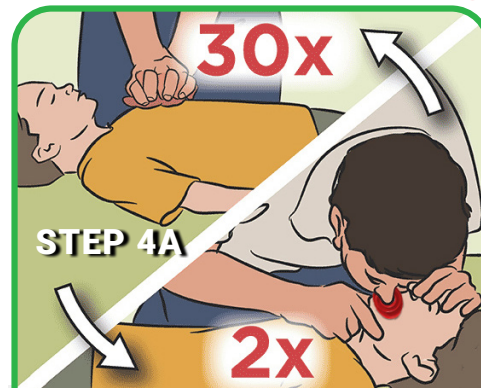


2 breaths

STEP 3

OPEN AIRWAY | 2 BREATHS

- Tilt the child's head back and lift their chin to open their airway.
- Place the mouthpiece over the child's mouth and nose, creating a tight seal.
- Gently blow into the mouthpiece for about one second, watching for the chest to rise.
- After each breath, remove the mouthpiece and allow the chest to fall before delivering the next breath.
- **If the chest doesn't rise and fall, check again for blockages. Try dislodging the obstruction** again for 2 minutes. Continue with CPR



30x

STEP 4A

2x

ALTERNATE

- Keep giving 30 compressions followed by 2 breaths until medical help arrives.
- **If the child starts breathing and responding, turn the child into the recovery position.**
- Keep watching their breathing.
- **Be ready to start CPR again at any time.**

WHEN CONTACTING EMS:

- ▶ Try calling different EMS numbers from more than one phone.
- ▶ Never hang up until you are told to do so or until Paramedics arrive.



STEP 4B

RECOVERY POSITION

CHILD BREATHING?

Gently roll the child into the recovery position: **On their side with top leg bent.**

Regularly check for breathing until the ambulance arrives.

LOCAL EMERGENCY CONTACT LIST

Parent/s	
Neighbour/s	
Family Member/s	
Security	
ER Doctor	
Local Ambulance	
Fire Department	
Police	
Caregiver/s	

NATIONAL EMS SERVICES

Netcare 911	082 911	Poison Control	131126
ER24	084 124		
SA GENERAL EMS	112		