

# Child Basic Life Support



Safe

Stimulate

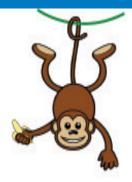
Shout

**A**irway

Breathing

Circulation





This leaflet is not a comprehensive guide. It is intended as a simple aide memoire to complement a structured teaching programme and must not be used in isolation.

# **Basic Life Support**

### 1 Safety

Check area is safe.



#### 2 Stimulate

 Try to wake the child by shouting then hold their head and gently shaking their arm.



## 3 Shout for Help

 If someone is available ask them to ring 999 stating that there is a child who is unresponsive and wait on the phone whilst you assess the child.



## 4 Airway

 Tilt the head and lift the chin (tip of nose facing the ceiling - sniffing the morning air position).



# 5 Breathing

- Look
- Listen
- Feel for normal breathing for up to 10 seconds, ignore gasps.



# If gasping or not breathing

#### 6 Give 5 breaths

 Pinch the nose with your thumb and index finger and place your mouth over the mouth of the child.
 Deliver a breath over 1 second and take a breath yourself.

Repeat 4 times.



#### 7 Circulation

• If there is no response during the delivery of the five breaths, such as cough, gag or there is no movement, start chest compressions.

#### 8 Chest compressions

Give 30 chest compressions.
 Place the heel of the hand/s on the lower third of the breast bone.
 Compress the chest at least one third of its depth.



### 9 Continue to give

• 2 breaths to 30 chest compressions for 1 minute (four cycles of 2 breaths and 30 compressions).

# If you are on your own after 1 minute

#### 10 Call 999 or 112

 Continue with 2 breaths and 30 compressions until help arrives.



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# **Choking**

# 1 Safety

Check area is safe

# 2 Encourage to cough

# 3 Shout for help



### 4 Back blows

• Give up to 5 back blows



# If still choking

# **5** Abdominal thrusts

• Give up to 5 abdominal thrusts.



## If still choking

#### 6 Repeat steps 4 - 5

Ensure an ambulance is called.



If the child loses consciousness at any time follow the Basic Life Support sequence on pages 2 and 3 from step 4.

This leaflet has been adapted from a model developed by the Association of Paediatric Resuscitation Officers.

# If you have any comments about this leaflet or the service you have received you can contact:

Trust Resuscitation Committee
CWF Representative
PAOU
Huddersfield Royal Infirmary

Telephone No: 01484 342482

### If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

