

First Aid Pro CPR Guide – Child (1–8 Years)

In an emergency situation the **DRSABCD** action must be followed first before starting CPR. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.

CPR is performed at a ratio of

30 Compressions

2 Rescue breaths

D

01

CHECK FOR DANGER

Ensure the area is safe for you and the child.




R

02

CHECK RESPONSE

Gently shake or tap the child and call their name. If unresponsive, proceed to the next step.




S

03

SEND FOR HELP

Call **000** (Australia's emergency number) or ask someone else to do so.




A

04

OPEN AIRWAY

A Place one hand on the child's forehead and gently tilt their head back.
 B Use your other hand to lift their chin.
 C Check the mouth for blockages (e.g., food, vomit). If present, clear it with your fingers.



B

05

CHECK BREATHING

A Look for chest movements, listen for breathing sounds, and feel for breath on your cheek.
 B If the child is breathing normally, place them in the recovery position and monitor until help arrives.
 C If not breathing or only gasping, start CPR immediately.



C

06

START CPR

A Place the heel of one hand in the centre of the child's chest (lower half of the sternum). For larger children, you may use both hands if necessary.
 B Compress the chest to about one-third of its depth (4~5 cm).
 C Perform compressions at a rate of 100–120 per minute.
 D Allow full chest recoil between compressions.



07

GIVE RESCUE BREATHS

A After 30 compressions, open the airway again using the head tilt and chin lift.
 B Pinch the child's nose closed with your fingers.
 C Place your mouth over theirs to create a seal and blow steadily for about 1 second.
 D Watch for the chest to rise. If it doesn't rise, check for blockages and reposition their head before trying again.
 E Give a total of 2 rescue breaths.



D

08

USE AED (DEFIBRILLATOR)

Keep repeating cycles of 30 compressions and 2 breaths (30:2) until:

A Attach an Automated External Defibrillator (AED) as soon as possible if one is available.
 B Use pediatric pads/settings if available. If not, use adult pads but ensure they do not overlap on the chest.



09

STOP CPR WHEN

A The child shows signs of life (e.g., breathing or moving).
 B A professional rescuer takes over.
 C You are physically unable to continue.

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