

INFANT AND CHILD CPR

INFANTS 0 – 1 YEAR

1 Check for consciousness

Try to make contact with the infant and shout for help



2 Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 seconds



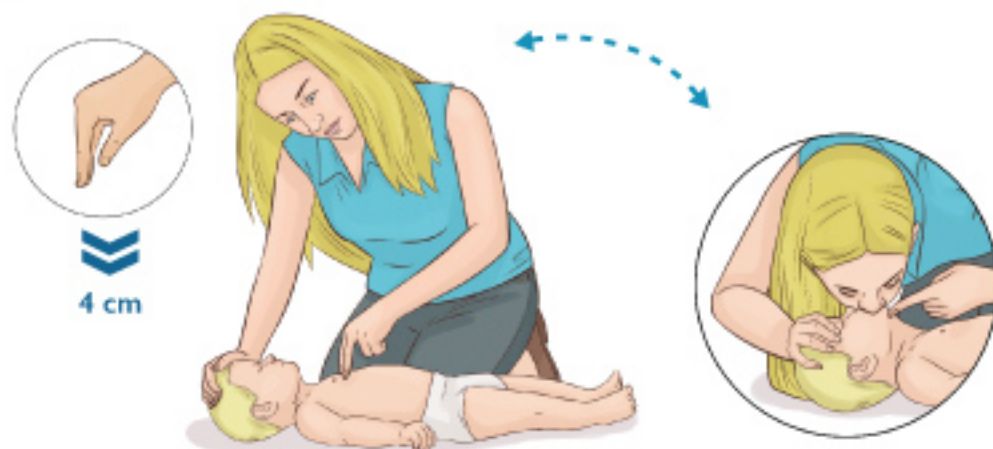
3 No or abnormal breathing

Give 5 rescue breaths until the chest rises - blow carefully



4 Begin CPR – call 112 after one minute

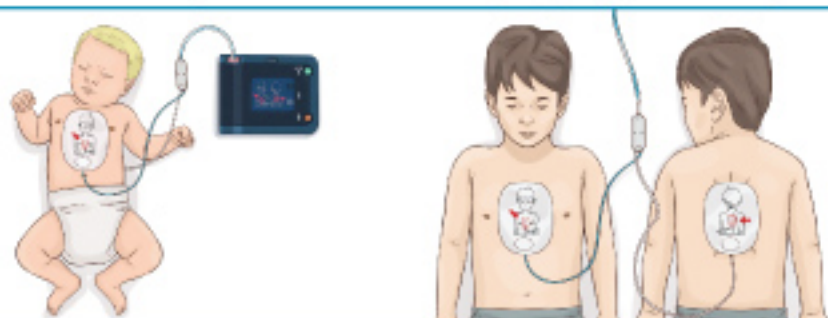
Alternate between 30 chest compressions and 2 rescue breaths



Call 112 after one minute of CPR. Continue with 30 compressions and 2 rescue breaths until the child breathes normally or emergency personnel arrives. Cardiac arrest in children is often due to lack of oxygen, therefore give 5 rescue breaths before CPR begins.

Connect an AED if it is available

Place the child pads in the following way on children up to 25 kg



CHILDREN 1 YEAR – PUBERTY

1 Check for consciousness

Try to make contact with the child and shout for help



2 Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 seconds



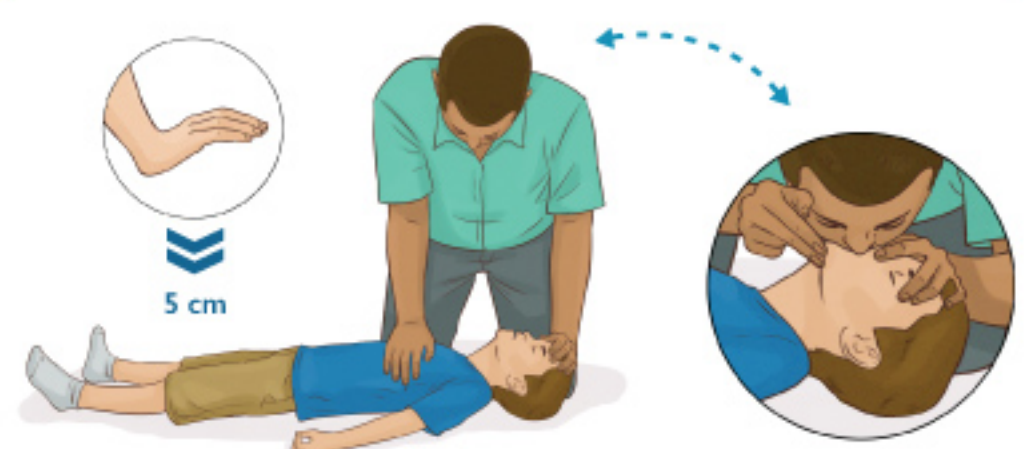
3 No or abnormal breathing

Give 5 rescue breaths until the chest rises - blow carefully



4 Begin CPR – call 112 after one minute

Alternate between 30 chest compressions and 2 rescue breaths



Call 112 after one minute of CPR. Continue with 30 compressions and 2 rescue breaths until the child breathes normally or emergency personnel arrives. Cardiac arrest in children is often due to lack of oxygen, therefore give 5 rescue breaths before CPR begins.

Put the child in a recovery position and call 112

Prevent hypothermia and keep monitoring the breathing



Learn how to save lives! Visit www.hlr-experten.se

There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, we have qualified instructors with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.