

How to Perform CPR on Children



A Gently tap the child's shoulder and shout their name. If there's no response, proceed to the next step.

B Call emergency services immediately, using speakerphone or hands-free mode while beginning CPR if you're alone. If someone is with you, have them call right away.

C Chest Compressions

- 1 Place the child on a firm, flat surface.
- 2 Use one or two hands (depending on the child's size) to press the center of the chest.
- 3 Compress the chest about 2 inches (5 cm) deep.
- 4 Perform 30 compressions at a rate of 100–120 per minute.

D Rescue Breaths

- 1 Open the airway using the head-tilt, chin-lift method.
- 2 Pinch the child's nose shut, cover their mouth with yours to form a seal.
- 3 Give 2 breaths, each lasting about 1 second, and watch for chest rise.

E Repeat

Continue cycles of 30 compressions and 2 breaths. Do not stop until help arrives or the child shows signs of life.