



Resuscitation - baby and child



Steps for performing CPR **DRS ABCD**

D ANGER	<p>Check for DANGER before approaching your baby/child.</p> <p>Move your baby/child away from any danger.</p> <p>Unwrap and open clothes to observe your child's chest.</p>
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R ESPONSE	<p>Check for RESPONSE</p> <p>Try and wake your baby/child by touching and talking to them.</p> <p>NEVER SHAKE YOUR BABY</p>
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S END FOR HELP	<p>Call for an AMBULANCE 000 or ask someone else to call for an ambulance.</p> <p><u>Do not hang up</u> until the ambulance arrives.</p>
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A IRWAY	<p>If no response, check the AIRWAY is clear and open the airway.</p> <p>Open the mouth gently and look inside. If there are secretions, turn your baby/child on their side to drain.</p> <p>Open the airway by placing your baby/child into the following position:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>BABY: Neutral head with chin lift</p> </div> <div style="text-align: center;">  <p>CHILD: Head tilt with chin lift</p> </div> </div>
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B REATHING	<ul style="list-style-type: none"> After opening the airway, LOOK LISTEN AND FEEL to check for BREATHING for up to 10 seconds. <p>Look for rise and fall of chest, listen for sound of breathing and feel for air.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>BABY</p> </div> <div style="text-align: center;">  <p>CHILD</p> </div> </div>
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Steps for performing CPR **DRS ABCD (cont.)**

<p>CIRCULATION</p>	<p>If your baby/child is not breathing and not responding, start CPR.</p> <p>Push down 1/3 of the depth of the chest at a rate of 100-120 compressions per minute, on the lower half of the breastbone.</p> <p>Give 30 chest compressions then 2 breaths.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="443 555 874 842">  <p>BABY: 2 fingers on centre of chest</p> </div> <div data-bbox="963 555 1394 842">  <p>CHILD: Heel of 1 or 2 hands on centre of chest</p> </div> </div>
	<p>For breaths, seal your mouth over your baby's mouth and nose, or child's mouth, and give a small puff of air until their chest rises.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="587 1034 849 1420">  <p>BABY: seal your mouth over your baby's mouth and nose</p> </div> <div data-bbox="992 1034 1254 1420">  <p>CHILD: seal your mouth over the child's mouth, pinch their nose with your fingers</p> </div> </div>
<p>DEFIBRILLATOR</p>	<p>Attach a DEFIBRILLATOR (AED) as soon as available and follow prompts. If no AED available, continue with CPR until help arrives.</p>
<p>ENSURE HELP IS COMING</p>	<p>Continue until help arrives or your baby/child recovers.</p>



Resuscitation - choking

Follow these steps if you think your child is **CHOKING**

SEND FOR HELP

Call for an **AMBULANCE 000** or ask someone else to call for an ambulance.

ENCOURAGE CHILD TO COUGH

If coughing does not remove the blockage, move to back blows

BACK BLOWS

Using the heel of your hand, give up to 5 firm **BACK BLOWS** between their shoulder blades.

Check if obstruction has been cleared after each back blow.



BABY: Lay baby face down supporting head and neck with hand



CHILD: Bend forward or place child over knee

CHEST THRUSTS

If blockage has not cleared after back blows, give up to 5 sharp **CHEST THRUSTS**.

Check if obstruction has been cleared after each chest thrust.



BABY: 2 fingers on centre of chest



CHILD: heel of hand on centre of chest

ENSURE HELP IS COMING

If obstruction has not cleared, repeat back blows and chest thrusts until airway clears.

If baby/child loses consciousness, stop back blows/chest thrusts, and start **CPR**.



Government of **Western Australia**
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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