AFTER CHECKING THE SCENE FOR SAFETY, CHECK THE CHILD OR INFANT:

1 CHECK FOR RESPONSIVENESS
Tap the shoulder and shout, “Are you OK?”
- For an infant, you may flick the bottom of the foot.

2 CALL 9-1-1
If no response, CALL 9-1-1 or the local emergency number.
- If an unconscious child or infant is face-down, roll face-up, supporting the head, neck and back in a straight line.

If ALONE—Give about 2 minutes of CARE, then CALL 9-1-1.
If the child or infant responds, CALL 9-1-1 or the local emergency number for any life-threatening conditions and obtain consent to give CARE. CHECK the child from head to toe and ask questions to find out what happened.

TIPS:
- Use disposable gloves and other personal protective equipment whenever giving care.
- Obtain consent from parent or guardian, if present.
3 OPEN THE AIRWAY
Tilt head back slightly, lift chin.

4 CHECK FOR BREATHING

CHECK quickly for no more than 10 seconds.
- Occasional gasps are not breathing.
- Infants have periodic breathing, so changes in breathing pattern are normal for infants.

5 GIVE 2 RESCUE BREATHS
If no breathing, give 2 rescue breaths.
- Tilt the head back and lift the chin up.
- Child: Pinch the nose shut, then make a complete seal over child’s mouth.
- Infant: Make complete seal over infant’s mouth and nose.
- Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

TIPS:
• If you witnessed the child or infant suddenly collapse, skip rescue breaths and start CPR (PANEL 7).
• If the chest does not rise with rescue breaths, retilt the head and give another rescue breath.

6 QUICKLY SCAN FOR SEVERE BLEEDING

WHAT TO DO NEXT
- IF THE CHEST STILL DOES NOT CLEARLY RISE AFTER RETILITING HEAD—Go to Unconscious Choking, PANEL 6.
- IF NO BREATHING—Go to CPR, PANEL 7 or AED, PANEL 8 (if AED is immediately available).
- IF BREATHING—Monitor breathing and for any changes in condition.
CONSCIOUS CHOKING—CHILD
CANNOT COUGH, SPEAK OR BREATHE

AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT FROM THE PARENT OR GUARDIAN, IF PRESENT.

1 GIVE 5 BACK BLOWS
Bend the child forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.

2 GIVE 5 ABDOMINAL THRUSTS
- Place a fist with the thumb side against the middle of the child’s abdomen, just above the navel.
- Cover your fist with your other hand.
- Give 5 quick, upward abdominal thrusts.

3 CONTINUE CARE
Continue sets of 5 back blows and 5 abdominal thrusts until the:
- Object is forced out.
- Child can cough forcefully or breathe.
- Child becomes unconscious.

WHAT TO DO NEXT
- IF CHILD BECOMES UNCONSCIOUS—CALL 9-1-1, if not already done. Carefully lower the child to the ground and give CARE for an unconscious choking child, beginning with looking for an object (PANEL 6, Step 3).
CONSCIOUS CHOKING—INFANT
CANNOT COUGH, CRY OR BREATHE

AFTER CHECKING THE SCENE AND THE INJURED OR ILL INFANT, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT FROM THE PARENT OR GUARDIAN, IF PRESENT.

1 GIVE 5 BACK BLOWS
Give firm back blows with the heel of one hand between the infant’s shoulder blades.

2 GIVE 5 CHEST THRUSTS
Place two or three fingers in the center of the infant’s chest just below the nipple line and compress the breastbone about 1½ inches.

TIP: Support the head and neck securely when giving back blows and chest thrusts. Keep the head lower than the chest.

3 CONTINUE CARE
Continue sets of 5 back blows and 5 chest thrusts until the:
- Object is forced out.
- Infant can cough forcefully, cry or breathe.
- Infant becomes unconscious.

WHAT TO DO NEXT
- IF INFANT BECOMES UNCONSCIOUS—CALL 9-1-1, if not already done. Carefully lower the infant onto a firm, flat surface and give CARE for an unconscious choking infant, beginning with looking for an object (PANEL 6, Step 3).
UNCONSCIOUS CHOKING—CHILD AND INFANT
CHEST DOES NOT RISE WITH RESCUE BREATHS

AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:

1. GIVE RESCUE BREATHS
   Retilt the head and give another rescue breath.

2. GIVE CHEST COMPRESSIONS
   If the chest still does not rise, give 30 chest compressions.
   
   **TIP:** Child or infant must be on firm, flat surface. Remove CPR breathing barrier when giving chest compressions.

3. LOOK FOR AND REMOVE OBJECT IF SEEN

4. GIVE 2 RESCUE BREATHS

WHAT TO DO NEXT

- IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps 2 through 4.
- IF THE CHEST CLEARLY RISES—CHECK for breathing. Give CARE based on conditions found.
AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:

1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest.
- Child: Push about 2 inches deep.
- Infant: Push about 1½ inches deep.
- Push fast, at least 100 compressions per minute.

**TIP:** Child or infant must be on firm, flat surface.

2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Child: Pinch the nose shut, then make a complete seal over child’s mouth.
- Infant: Make complete seal over infant’s mouth and nose.
- Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:
- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

**TIP:** If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

WHAT TO DO NEXT FOR CHILD AND INFANT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 8.
- IF BREATHS DO NOT MAKE CHEST RISE—Give CARE for unconscious choking (PANEL 6).
AED—CHILD AND INFANT YOUNGER THAN AGE 8 OR WEIGHING LESS THAN 55 POUNDS

NO BREATHING

**TIP:** When available, use pediatric settings or pads when caring for children and infants. If pediatric equipment is not available, rescuers may use AEDs configured for adults.

AFTER CHECKING THE SCENE AND THE INJURED OR ILL CHILD OR INFANT:

1. TURN ON AED
   - Follow the voice and/or visual prompts.

2. WIPE BARE CHEST DRY

3. ATTACH PADS
   - If pads risk touching each other, use front-to-back pad placement.

4. PLUG IN CONNECTOR, IF NECESSARY
**5 STAND CLEAR**

Make sure no one, including you, is touching the child or infant.
- Say, “EVERYONE, STAND CLEAR.”

**6 ANALYZE HEART RHYTHM**

Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.

**7 DELIVER SHOCK**

**IF A SHOCK IS ADVISED:**
- Make sure no one, including you, is touching the child or infant.
- Say, “EVERYONE, STAND CLEAR.”
- Push the “shock” button, if necessary.

**8 PERFORM CPR**

After delivering the shock, or if no shock is advised:
- Perform about 2 minutes (or 5 cycles) of CPR.
- Continue to follow the prompts of the AED.

**TIPS:**
- *If two trained responders are present, one should perform CPR while the second responder operates the AED.*
- *If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*
CONTROLLING EXTERNAL BLEEDING

AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

1. COVER THE WOUND
   Cover the wound with a sterile dressing.

2. APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS

3. COVER THE DRESSING WITH BANDAGE
   Check for circulation beyond the injury (check for feeling, warmth and color).

4. APPLY MORE PRESSURE AND CALL 9-1-1
   If the bleeding does not stop:
   - Apply more dressings and bandages.
   - Continue to apply additional pressure.
   - Take steps to minimize shock.
   - CALL 9-1-1 if not already done.

TIP: Wash hands with soap and water after giving care.
AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

1 REMOVE FROM SOURCE OF BURN

2 COOL THE BURN

Cool the burn with cold running water at least until pain is relieved.

3 COVER LOOSELY WITH STERILE DRESSING

4 CALL 9-1-1

CALL 9-1-1 or the local emergency number if the burn is severe or other life-threatening conditions are found.

5 CARE FOR SHOCK
POISONING

AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

1 CALL 9-1-1 OR POISON CONTROL HOTLINE

For life-threatening conditions (such as if the child or infant is unconscious or is not breathing or if a change in the level of consciousness occurs), CALL 9-1-1 or the local emergency number.

OR

If conscious and alert, CALL the National Poison Control Center (PCC) hotline at 1-800-222-1222 and follow the advice given.

2 PROVIDE CARE

Give CARE based on the conditions found.

SEIZURE

AFTER CHECKING THE SCENE AND THE INJURED CHILD OR INFANT:

1 CALL OR HAVE SOMEONE CALL 9-1-1

2 REMOVE NEARBY OBJECTS

- DO NOT hold or restrain the child or infant.
- DO NOT place anything between the teeth or in the mouth.

3 AFTER SEIZURE PASSES

Monitor breathing and for changes in condition.

WHAT TO DO NEXT

- Comfort and reassure the child or infant. If fluids or vomit are present, roll the child or infant to one side to keep the airway clear.
- Provide CARE based on conditions found.