Age definition:
In the following text we will refer to a child as:
• an **infant -** if the child is under 1 year old
• a **child -** if the child is aged between 1 year and puberty
Additional information:
Images marked with I relate to an infant
Images marked with C relate to a child

Paediatric basic life support

Look for dangers to yourself and the child / infant.

Check for a response (pictures I1 and C1): Gently tap the shoulder and ask loudly, “Are you all right?”. When checking the responsiveness of an infant flick the soles of their feet. Do not shake infants or children with suspected cervical spine injury.
If the child/infant responds, leave the child in the same position provided there is no further danger. Call for help and assess.


I1


C1

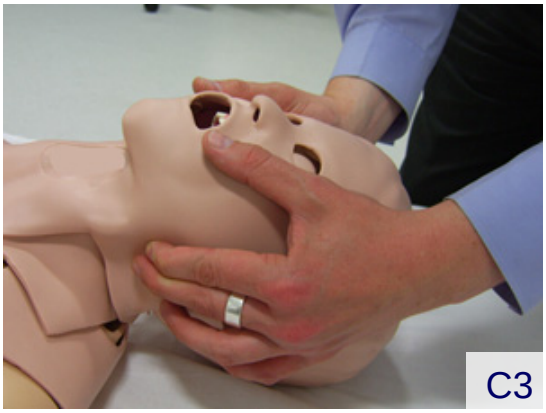
If the child/infant does not respond, Shout for help.
Check the airway. Use head tilt / chin lift (pictures I2 and C2) or jaw thrust (pictures I3 and C3) if spinal injury is suspected.


I2


C2

Paediatric basic life support


I3


C3

Look, listen & feel for breathing for up to 10 seconds (pictures I4 and C4):
Look at the child's/infant's chest.
Listen for breath sounds.
Feel for air movement on your cheek.


I4


C4

If the child/infant is breathing normally, place child/infant into the recovery position and continue to check breathing (pictures I5 and C5).


I5


C5

If the child/infant is **not** breathing **or** making infrequent gasps (agonal gasps):
Remove any obvious airway obstruction.
Give 5 initial rescue breaths.

Paediatric basic life support

Rescue breaths for an infant (picture I6):
Cover the mouth and nose with your mouth.
Do not over extend the neck.
Take a breath and blow steadily into the infants mouth and nose for 1 - 1.5 seconds.


I6

Rescue breaths for a child (picture C6):
Seal the nose with thumb and index finger (picture C7).
Take a breath and blow steadily into the childs mouth for 1 - 1.5 seconds.


C6

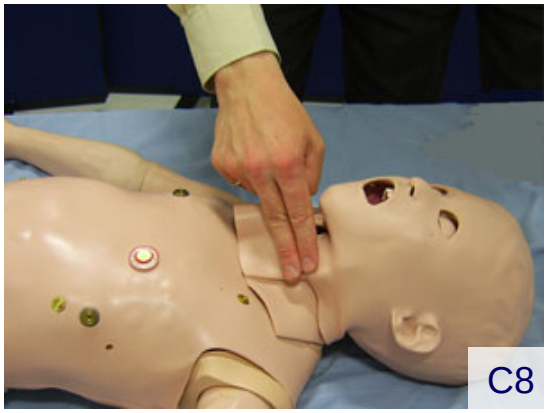

C7

Check for signs of a circulation for **up to 10 seconds;** such as movement, coughing or normal breathing.
Check the pulse for **up to 10 seconds.**

In an **infant** - feel for the brachial pulse (picture I7).


I7

In a **child** - feel for the carotid pulse (picture C8).


C8

Paediatric basic life support

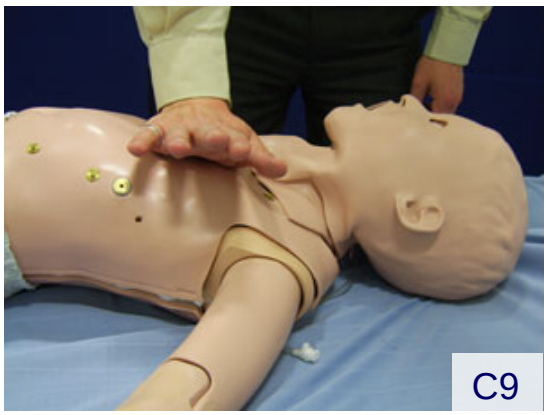
If you are sure **there are signs of a circulation** :
Continue rescue breathing if necessary until the child/infant starts breathing on their own.
Place in the recovery position if still unconscious but breathing.
Reassess frequently.
If there are **no signs of a circulation or pulse or HR < 60**:
Start chest compression.

Chest compressions in an infant:
Compress the lower third of the sternum with the tips of 2 fingers (picture I8).
Use two-thumb encircling technique if there are two or more rescuers (picture I9).
Compress the chest to approximately 1/3 of the chest depth.
Compress at a rate of 100 per minute.
Compress the chest 15 times.
Open airway and give 2 rescue breaths.
Continue ratio of 15:2.
Continue until help arrives.

Chest compressions in a **child:**
Compress the lower third of the sternum with the heel of one hand (picture C9), or 2 if required (picture C10).

Compress the chest to approximately 1/3 of the chest depth.
Compress at a rate of 100 per minute.
Compress the chest 15 times.
Open airway and give 2 rescue breaths.
Continue ratio of 15:2.
Continue until help arrives.


I8


C9


I9


C10

Paediatric basic life support

This procedure has been adapted from Resuscitation Council UK Resuscitation Guidelines 2005 by Justin Connolly for CETL.

For more information on paediatric life support visit:

http://www.resus.org.uk/pages/pbls.pdf