

CHILD CPR

1 - 8
YEARS

IN AN
EMERGENCY
CALL
911

1. Attempt to wake the child and call for help.

If the child is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.



2. Begin chest compressions.

If you are not trained in CPR, compressions to the chest may be harmful. Do not attempt this.

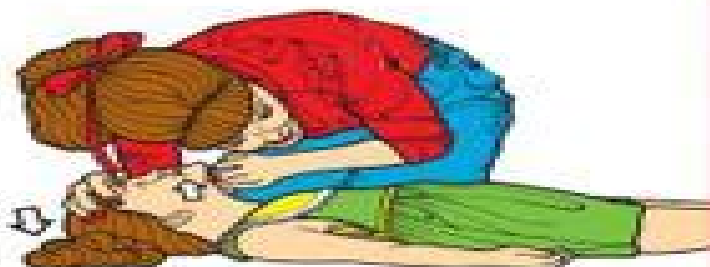
If you are not trained in CPR, compressions to the chest may be harmful. Do not attempt this.

If the child is not breathing, place one hand on the breast bone directly between the child's nipples. Push straight down on the chest at least 2 inches (4-5 cm) or a third of the child's body. Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.



3. Open the airway.

After 30 compressions, open the child's airway using the head-tilt, chin-lift method. Pinch the child's nose and make a seal over the child's mouth with yours. Use a CPR mask if available.

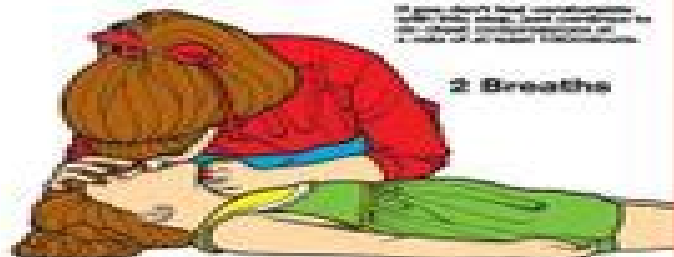


4. Begin rescue breaths.

Give the child a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of 100 per minute.

2 Breaths



5. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

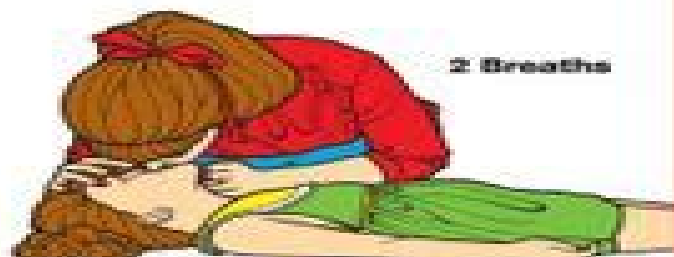
30 Compressions



6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 (remember you're always giving rescue breaths). Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).

2 Breaths



20cpr Guidelines Chart

Patrick Vollmar



20cpr Guidelines Chart:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **20cpr Guidelines Chart**

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Table of Contents 20cpr Guidelines Chart

1. Understanding the eBook 20cpr Guidelines Chart
 - The Rise of Digital Reading 20cpr Guidelines Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying 20cpr Guidelines Chart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 20cpr Guidelines Chart
 - User-Friendly Interface
4. Exploring eBook Recommendations from 20cpr Guidelines Chart
 - Personalized Recommendations

- 20cpr Guidelines Chart User Reviews and Ratings
- 20cpr Guidelines Chart and Bestseller Lists
- 5. Accessing 20cpr Guidelines Chart Free and Paid eBooks
 - 20cpr Guidelines Chart Public Domain eBooks
 - 20cpr Guidelines Chart eBook Subscription Services
 - 20cpr Guidelines Chart Budget-Friendly Options
- 6. Navigating 20cpr Guidelines Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - 20cpr Guidelines Chart Compatibility with Devices
 - 20cpr Guidelines Chart Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 20cpr Guidelines Chart
 - Highlighting and Note-Taking 20cpr Guidelines Chart
 - Interactive Elements 20cpr Guidelines Chart
- 8. Staying Engaged with 20cpr Guidelines Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 20cpr Guidelines Chart
- 9. Balancing eBooks and Physical Books 20cpr Guidelines Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 20cpr Guidelines Chart
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 20cpr Guidelines Chart
 - Setting Reading Goals 20cpr Guidelines Chart
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 20cpr Guidelines Chart
 - Fact-Checking eBook Content of 20cpr Guidelines Chart

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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