

LIZZIE AND LUKE'S LIFESAIVING LESSON: CPR FOR KIDS



WILL YOU KNOW WHAT TO DO IF A CHILD IN YOUR CARE IS UNRESPONSIVE?

FOLLOW THE STEPS BELOW FOR CHILDREN AGED 1-8 YEARS:

- Check for Danger (to yourself and to the unresponsive child).
- Check for a Response (gently shake the child).
- Send for help (dial 000 for the ambulance service).
- Look, listen and feel for breathing.
- If the child is not breathing, commence chest compressions on centre of chest using the heel of one hand, compressing approximately one third depth of chest. Do 30 compressions followed by 2 breaths. To give breaths, apply moderate head tilt, pinch nose, cover mouth with your own mouth and deliver 2 half breaths. Repeat the 30 compressions/2 breaths cycle three times per minute until medical assistance arrives or until the child has commenced breathing.
- If the child is unresponsive but is breathing, place on their side, with moderate head tilt in the “recovery position”.

Lessons with Lizzie and Luke

aims to help beach goers be better educated in beach safety.

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