



# RECOVERY POSITION



- If the child is breathing, he is **UNCONSCIOUS**
- Put him on the side and get help (recovery position)
- Cover with a blanket.
- It also prevents the tongue from blocking the airway and vomit to choke the child.



# PULSE

## b) Feel for the pulse for 5 seconds

If you find no signs of breathing, feel for a pulse

**Babies up to 1 year old:**  
The arm pulse



**Everyone else:**  
The neck pulse



# Phone the Paramedics

If the child has **NO** pulse, he will be **DEAD IN 4 MINUTES**

1. Call SOMEONE to phone the ambulance.
2. Dial : Emergency Services - **10177** or  
Netcare - **082911** or  
Cell phone - **112**



# Information for phone call

1. Name and telephone number of caller
2. Type of accident
3. Exact address or location/ landmarks
4. Pin-location or GPS co-ordinates
5. Report any dangerous conditions.
6. Amount of casualties

Nearest cross street  
Neighbourhood



Route markers  
on highways



Obvious landmarks





- CPR is a technique used by **trained First Aiders** to bring back the heart beat and breathing functions after the child has died from drowning, choking, smothering or electrocution.
- I will explain this, but please note that you must be **trained** in CPR to be able to apply it.
- CPR must be applied before the brain is dead, that is, **within 4 minutes** after breathing and pulse stopped (death).

Cardio Pulmonary Resuscitation(CPR)

**Cardio** means heart for pumping blood

**Pulmonary** means lungs for breathing

**Resuscitation** means to bring back to life

CPR must be applied immediately by a trained First Aider.

**Contact us for CPR training:**

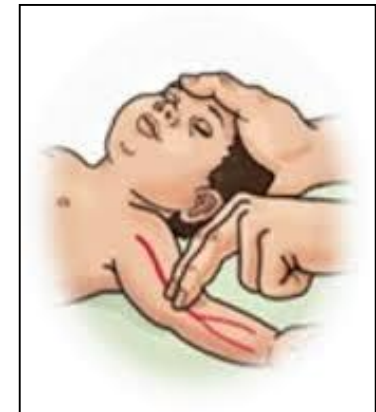
(012) 644 - 0918

# CPR: Babies

1. Check response by tickling the feet.



2. Lift the chin, look, listen and feel for breathing for 5 seconds  
3. Feel the pulse for 5 seconds.



4. If there is no breathing and no pulse, start CPR.



# CPR Technique



- One CPR – Cycle consist of **30 chest compressions** and **2 breaths** for both babies and children.
- Always start with compressions first.
- Repeat a cycle of 30 compressions and 2 breaths five times non-stop before checking for pulse again.
- Carry on with this cycle until paramedics arrive, or the baby has a pulse.
- Keep the baby warm and hold him in a recovery position if he has a pulse again.







# CPR for Babies



- Place the baby on a table or whatever is available.
- Stand on the baby's side.
- Start with chest compressions:
  - put one finger in line with the nipples
  - place two fingers next to the finger on the nipples
  - press only with the two fingers, at a fast rate, (100 times per minute) 4cm deep.
  - press 30 chest presses non-stop.

Press 4cm down with 2 fingers





- Apply the breaths:
  - squeeze the nostrils close and give two soft breaths, tilting the head slightly back.

Lift the chin slightly



Give 2 soft breaths 1 second apart



- Repeat the cycle of 30 chest compressions and two breaths for 5 times non-stop.
- Re-check pulse and breathing after 5 cycles.
- Stop CPR if breathing and pulse returned

# CPR: Children



The difference between:  
Baby CPR and CPR for children above 12 months:

1. Chest compressions are done with the palm of your hand:
  - Place two fingers just before the “V” of the ribs.
  - While keeping the fingers in position, place the other hand’s palm right next to it.
  - Do 30 chest compressions with the palm of the hand and a straight arm.
  - Press 5 centimetres down at a rate of 100 compressions per minute.

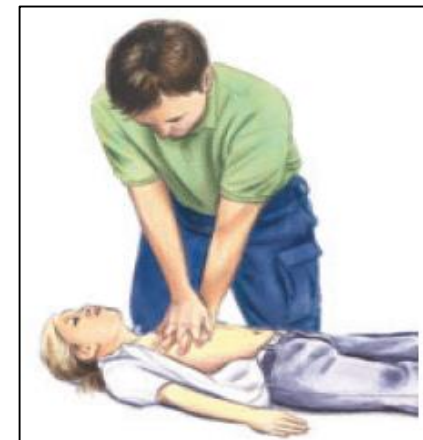
Place the hand palm next to the fingers



Use 1 hand for 1 – 4 year old



Use two hands for 5 years and older



# CPR Breaths

## 2. Breathing done for children:

- Open the airway by tilting the head far back.
- Pinch the nostrils close and give 2 breaths one second apart.
- Make sure the chest rise with every breath



Repeat the CPR cycles of 30 chest compressions and 2 breaths  
( 5 cycles then check pulse and breathing)  
until the paramedics arrive.