



Deaths



Open airways

Check airway is clear from obstruction (tongue or foreign object)
 Kneel beside child's head
 Place your palm on the child's forehead
 Tilt head backwards (45° for adult, ½ this for child, neutral head position for infants)
 Apply jaw lift to open mouth

Commence rescue breaths

Mouth to mouth

Take a breath
 Create a seal on the child's mouth with your mouth
 Close the nostrils by pinching them closed or by blocking with your cheek completely
 Blow to inflate the child's lungs

Mouth to nose

Close the child's mouth with the hand supporting the jaw and push lips together with thumb
 Take a breath
 Place your mouth over child's nose
 Blow to inflate the child's lungs

Mouth to mouth & nose

(for infants and small children)
 Take a breath
 Place your mouth over child's mouth and nose
 Blow to inflate the child's lungs

Give one breath every 5 seconds

to achieve up to 12 breaths per minute.
 Continue until the ambulance arrives

Look. Listen. Feel.

Look for a slight rise of the chest during each inflation
 Look and monitor for stomach looking bloated and protruding (if this occurs reduce the amount of pressure in your breath)

If chest does not rise check:
 there is no obstruction to the airway (inadequate head tilt, chin lift, tongue or foreign object)
 sufficient air is being blown into lungs
 there is a good air seal around mouth or nose