NHS
Calderdale and Huddersfield
NHS Foundation Trust

Child Basic Life Support



Safe

Stimulate

Shout

Airway

Breathing

Circulation





This leaflet is not a comprehensive guide.
It is intended as a simple aide memoire to complement a structured teaching programme and must not be used in isolation.

compassionate care

Basic Life Support

1 Safety

- Check area is safe.



2 Stimulate

- Try to wake the child by shouting then hold their head and gently shaking their arm.



3 Shout for Help

- If someone is available ask them to ring 999 stating that there is a child who is unresponsive and wait on the phone whilst you assess the child.



4 Airway

- Tilt the head and lift the chin (tip of nose facing the ceiling - sniffing the morning air position).



5 Breathing

- Look
- Listen
- Feel for normal breathing for up to 10 seconds, ignore gasps.



If gasping or not breathing

6 Give 5 breaths



- Pinch the nose with your thumb and index finger and place your mouth over the mouth of the child. Deliver a breath over 1second and take a breath yourself.
  Repeat 4 times.

7 Circulation

- If there is no response during the delivery of the five breaths, such as cough, gag or there is no movement, start chest compressions.

8 Chest compressions



- Give 30 chest compressions.
  Place the heel of the hand/s on the lower third of the breast bone.
  Compress the chest at least one third of its depth.

9 Continue to give

- 2 breaths to 30 chest compressions for 1 minute (four cycles of 2 breaths and 30 compressions).

If you are on your own after 1 minute

10 Call 999 or 112



- Continue with 2 breaths and 30 compressions until help arrives.

Choking

1 Safety

- Check area is safe

2 Encourage to cough



3 Shout for help

4 Back blows

- Give up to 5 back blows



If still choking

5 Abdominal thrusts

- Give up to 5 abdominal thrusts.



If still choking

6 Repeat steps 4 - 5

- Ensure an ambulance is called.



If the child loses consciousness at any time follow the Basic Life Support sequence on pages 2 and 3 from step 4.

This leaflet has been adapted from a model developed by the Association of Paediatric Resuscitation Officers.

If you have any comments about this leaflet or the service you have received you can contact :

Trust Resuscitation Committee
CWF Representative
PAOU
Huddersfield Royal Infirmary

Telephone No: 01484 342482

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"