



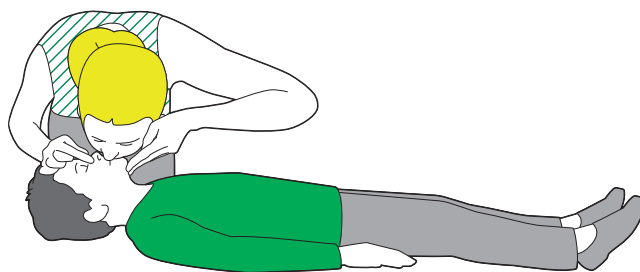
WHAT TO DO IF A CHILD HAS STOPPED BREATHING NORMALLY

1. Call 999/112 for emergency help

- If you're alone, give one minute of CPR before calling on a speaker phone

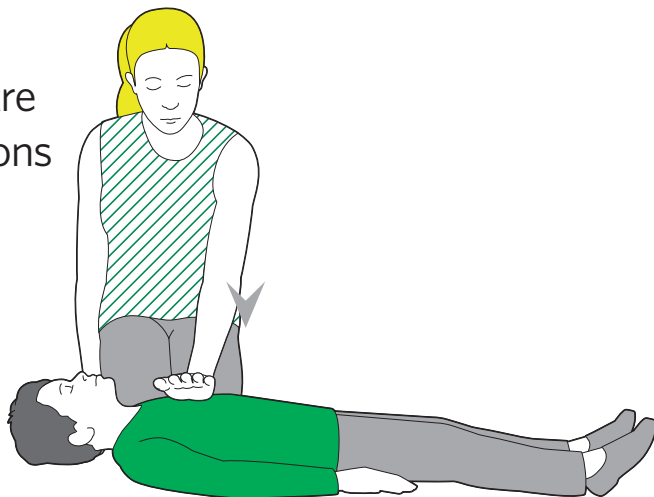
2. Breathe

- Open the airway
- Pinch their nose firmly closed
- Put your lips around their mouth and blow steadily until their chest rises
- Give five initial rescue breaths



3. Pump

- Using the heel of one hand in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- Give two rescue breaths followed by 30 chest compressions
- Continue CPR until help arrives.

Learn first aid.

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Be the difference.

More life saving techniques and videos can be found on our website.

sja.org.uk