

3. Start CPR

- 1 Position.** Place the heel of 1 hand on the lower half of the breastbone. Use 2 hands if needed to reach the correct depth.
- 2 Compress.** Press down by at least one third of the chest depth, about 5cm. Let the chest rise fully after each compression.
- 3 Keep the rate.** Give 100 to 120 compressions a minute. Keep pauses as short as possible.
- 4 Use 30:2.** Give 30 compressions, then 2 rescue breaths. Continue with 30 compressions to 2 breaths. If you cannot give rescue breaths: Give continuous chest compressions and add breaths as soon as you can.

Your trainer or the 999 call handler may use 15:2. Both 30:2 and 15:2 are included in the 2025 out-of-hospital algorithm. Follow the sequence you were taught or the dispatcher's instructions.

Use an AED

As soon as an AED arrives, switch it on, attach the pads and follow its spoken instructions. Keep doing CPR until the ambulance service takes over or the child shows clear signs of life.

Need information?

Resuscitation Officers

0118 322 8951

Monday to Friday, 8am to 4pm

In an emergency, call 999.

Remember

- Make sure it is safe
- Check for a response
- Shout for help
- Open the airway
- Check breathing for up to 10 seconds
- Give 5 rescue breaths
- Start CPR: 30 compressions to 2 breaths
- Use an AED as soon as it arrives

*Based on Resuscitation Council UK
Paediatric Life Support Guidelines 2025*

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Resus Team, August 2026
Next review due: August 2028



Basic life support for children

A reminder for parents and carers who have completed bystander resuscitation training

**If the baby is unresponsive and not breathing normally:
Call 999 and start CPR.**

Keep this leaflet somewhere easy to find. Read it from time to time so the steps stay familiar.

This leaflet supports practical training. It does not replace a recognised first aid or resuscitation course.

Before you start

These steps are for a child (1 year to adulthood) who is unresponsive and is not breathing normally.

Gasping is not normal breathing. If you are unsure, treat the breathing as abnormal and start the sequence.

Calling 999

If you have a phone, call 999 on speaker so you can start CPR while the call handler guides you.

If there is no phone and you are alone, give CPR for about 1 minute before leaving to call 999.

If someone else is present, ask them to call 999 and bring an automated external defibrillator (AED).

If breathing normally

Keep the airway open. Place the child in a safe recovery position if you can do so safely. Call 999 and keep checking their breathing.

1. Check and assess the child

- 1 Make sure it is safe.** Check for danger to you and the child.
- 2 Check for a response.** Speak clearly and gently tap the shoulder or sole of the foot. Do not shake them.
- 3 Shout for help.** Ask anyone nearby to stay and help.
- 4 Open the airway.** Place the head in a neutral position and lift the chin gently. Do not press under the chin. If the mouth is filled with fluid or vomit turn the child onto his/her side to drain fluid out.
- 5 Check breathing.** Look for chest movement and listen and feel for breathing for no more than 10 seconds.

Do not put fingers into the mouth blindly. Remove an object only if you can clearly see it and can reach it safely.

2. IF NOT BREATHING: Give 5 rescue breaths

- Keep the airway open. Pinch the nose closed and seal your mouth over the child's mouth. Blow steadily for about 1 second, using only enough air to make the chest rise.
- Let the chest fall. Repeat until you have given 5 breaths

If the chest does not rise: Re-open the airway, improve the seal and try again. Do not spend longer than necessary.

No signs of life?

If there is no movement, coughing or normal breathing during the rescue breaths, start chest compressions (see Action 3 overleaf).

If you cannot give rescue breaths: Give continuous chest compressions and add breaths as soon as you can.