



CHILDREN'S HEALTHCARE RESOURCE NETWORK

If this is a possible life-threatening illness or injury, call 911 immediately.

SickKid.Net is committed to assisting you with a variety of health information and resources for your children. Our organization is dedicated to helping you with sick childcare needs, when you need it most.

Children's Hospital Spotlight

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A Parent's Guide to

First Aid Facts

Learning cardiopulmonary resuscitation (CPR), the Heimlich maneuver, and steps to take if your child is poisoned are the most basic, and the most important, first aid procedures. Community centers, YMCA/YWCAs, and your local Red Cross chapter offer basic first-aid and CPR courses for free or a nominal fee. Educating yourself beforehand about first-aid basics will help you remain calm if you ever need to administer first aid to your child. Hands-on experience is best, so these instructions shouldn't be used as a substitute for a CPR course taught by a qualified instructor.

Infant CPR: Infant CPR should only be administered on a child less than 1 year old who is unconscious and is not breathing or has no pulse. Place the infant on a firm surface, unless you suspect spinal cord injury, in which case you should not move the child. If someone else is nearby, have them call 911. Follow these steps:

1. Look, listen, and feel for breathing and pulse.
2. If the baby is not breathing, open the baby's airway by placing your hand on the child's forehead and tilting it backward.
3. Cover baby's nose and mouth with your mouth and breathe into the lungs until you see the chest rise. If the chest doesn't rise when you blow in, make sure the airway is open and you have a tight seal around the nose and mouth. If the baby doesn't start breathing, begin chest compressions.
4. Position your fingers on the baby's chest by tracing a line between the nipples with the tip of one index finger. Stop in the middle and place the tips of your middle and ring fingers on the baby's chest (your fingers should be directly on the breastbone).
5. Press down on the baby's chest five times in 3 seconds, smoothly compressing the baby's chest .5 inch to .75 inch.
6. Cover baby's nose and mouth with your mouth and breathe into lungs until you see the chest rise. If the chest doesn't rise when you blow in, make sure the airway is open and you have a tight seal around the nose and mouth.
7. Repeat the cycle of five chest compressions followed by one breath every 2 to 3 seconds.
8. Call 911.
9. Repeat steps 2 through 5 until help arrives.

Child CPR: Child CPR should only be given when a child older than 1 year is unconscious and is not breathing or has no pulse. Follow these steps:

1. Determine if the child is conscious by saying his or her name loudly or by tapping the child on the shoulder.

2. If you get no response, position the child on his or her back on a firm surface, careful not to twist the head, neck, or spine.
3. Open the child's airway by placing your hand on the child's forehead and tilting it downward while you place your other hand on his or her chin and lift upward.
4. Look, listen, and feel for breathing for 5 seconds.
5. If the child isn't breathing, pinch his or her nose shut, place your mouth over the child's mouth and breathe into the lungs until you see the chest rise. If the chest doesn't rise when you blow in, make sure the airway is open and you have a tight seal around the nose and mouth. Give the child two slow, long breaths.
6. If the child doesn't resume breathing, check for a pulse.
7. If the child doesn't have a pulse, feel down the center of the child's chest to the tip of the breastbone. Measure two finger widths toward the head, and place the heel of your hand in this location, with the fingers of the other hand interlocked on top. Lean forward so the shoulders are over the hands.
8. Compress the chest quickly and forcefully five times, then give another rescue breath.
9. Recheck the pulse after 1 minute, and if the child doesn't have a pulse or isn't breathing, call 911 and resume steps 4 through 8 until help arrives.

Heimlich Maneuver: The Heimlich maneuver is performed when a child 1 year or older is choking, but cannot breathe, speak, or cough. Stand behind the child with your arms wrapped around his or her waist. Clasp your hands together in a fist, with your thumb facing in, and place it directly below the rib cage and above the navel. Press your fist into the child's abdomen with a quick upward thrust, and repeat until the item is dislodged.

In an infant younger than 1 year that is choking but conscious, position the baby face down on your forearm with your arm resting on your knees. Using the heel of your other hand, administer four firm blows between the infant's shoulder blades until the item is dislodged. If the item is not dislodged, turn the baby over. Position your index and middle fingers two finger widths below a central point between your baby's nipples. Give four quick thrusts. If the item is not dislodged, turn the baby over and repeat the process until the item is dislodged.

Preventing Poisoning

Over two million children are poisoned each year, and children under 6 years old are most at risk. According to the American Association of Poison Control Centers, you should take the following steps if your child is poisoned:

1. Stay calm.
2. Immediately call your poison control center and have the following information ready: child's condition, age, and weight; product containers or bottles; time that the poisoning occurred; and name and telephone number.
3. Follow the instructions that the center gives you.

What substances could be poisonous to your child? Here are just a few:

- Medicines (prescription and nonprescription)
- Automobile fluids (such as antifreeze and windshield wiper fluid)
- Pesticides
- Cleaning products (such as furniture polish, bleach, drain opener, toilet bowl cleaner, oven cleaner, rust remover)

- Beauty products (such as nail polish remover and liquid hair spray)
- Kerosene, gasoline, turpentine, and paint thinner
- Plants

Prevention is the key to preventing poisoning. Keep all poisonous items in locked cabinets or out of reach of your child, and make sure to store them properly immediately after use. Keep the number for poison control prominently displayed by each phone in your home.

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