



# Basic Life Support in the home

**D**

**Danger:** Check the area is **safe** for you and the child.

**R**

**Response:** Check for their response by saying their name or gently touching them, make a loud noise. Squeeze their earlobe for a painful response.

**S**

**Send for help:** Call out to someone nearby or call **000** or 112 (from a mobile phone). Put the phone on speaker.

**A**

## **Open Airway:**

1. Open the airway by lifting the chin off the chest.
2. Check to see if there is something in the mouth or nose.
3. Gently remove the object if you can see it.

**B**

## **Breathing:**

1. Check to see if the child is breathing by **looking** at the chest for rise and fall, **listening** for breath sounds, and **feeling** for breath, for up to 10 seconds.
2. If you can't see normal breathing give **2 breaths** (1 second apart)
  - if less than 6 months: via the nose and mouth
  - if older than 6 months: mouth to mouth
3. Re-check their breathing, if the child is not breathing or not breathing normally move on to compressions.

**C**

## **Compressions**

1. If the child is not breathing or not breathing normally, start compressions.
2. Place your fingers (for and infant), one hand (child) or two hands (adult) in the middle of the chest on the lower half.
3. Push down on the chest by 1/3 of its depth at a rate of 2 beats per second.
4. Continue compressions at a ratio of **30 compressions to 2 breaths**.

Continue CPR until the child is responsive or starts to breathe normally.  
Turn them on to their side and stay with them until the ambulance arrives