

# LEARN CPR

You Can Do It!

## CPR for Children (Ages 1-8)



CPR for children is similar to CPR for adults. The compression to ventilation ratio is 30:2. If you are alone with the child give 2 minutes of CPR before calling 911.



- 1) Use the heel of one or two hands for chest compression
- 2) Press the sternum approximately one-third the depth of the chest (about 2 inches) at the rate of least 100/minute



- 3) Tilt the head back and listen for **breathing**. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

**CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES**