**Cardiopulmonary Resuscitation (CPR)**

**Check breathing. If the casualty is not breathing begin CPR.**

1. **Make sure casualty is on a firm flat surface.**
2. **For a child, place hands on centre of chest.**
3. **Position shoulders directly over hands and keep elbows locked.**
4. **Compress 30 times. Push hard - Push fast.**
5. **Make a tight seal over mouth and nose of an infant (under 1 year). Pinch the nose of a child (1-8 years) and make a tight seal over the mouth.**
6. **Give 2 breaths.**
7. **Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.**

**Emergency Numbers**

**AMBULANCE**

**FIRE**

**POLICE**

**FAMILY DOCTOR**

**POISON INFORMATION CENTRE**

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**Choking (Child)**

If a choking child can speak, breathe or cough:

1. **STAND BY and encourage coughing.**

   - **Support the child’s upper body and help her lean forward.**
   - **Give up to 5 sharp blows between the shoulder blades using the heel of your hand.**
   - **If the obstruction is not cleared, stand behind the child.**
   - **Place your fist midline just above the belly button.**
   - **Gasp flat with other hand and press inward and upward forcefully 5 times.**

2. **Continue back blows and abdominal thrusts until object is expelled or child becomes unconscious.**

If the child becomes unconscious ease him or her to the ground and send for medical help and an AED.

1. **Begin compressions immediately.**
2. **After the first 30 compressions, check the mouth.**
3. **Remove the foreign object if you see it.**
4. **Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.**

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**Choking (Infant)**

If an infant is making high pitched noises or is having trouble breathing:

1. **Give 5 forceful blows between the shoulder blades.**
2. **Turn infant over and give five chest thrusts using two fingers on the infant’s breastbone just below the nipple line.**
3. **Repeat 5 back blows and 5 chest thrusts.**
4. **Continue until object is expelled or child becomes unconscious.**

If the infant becomes unconscious place him or her on a firm flat surface and send for medical help and an AED.

1. **Begin compressions immediately using 2 fingers.**
2. **After the first 30 compressions, check the mouth.**
3. **Remove the foreign object if you see it.**
4. **Try to give two breaths and continue CPR, checking the mouth before each attempt to ventilate.**

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**Unconsciousness**

Get medical help. Make certain child is breathing and then place in the recovery position.

If not breathing begin CPR.

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**NOTE:** This poster is a step-by-step guide to what you can do until medical help arrives. These tips do not take the place of first aid training.