

First Aid/CPR/AED PEDIATRIC READY REFERENCE CARD



American Red Cross Training Services

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Giving CPR—Child



Giving CPR—Child (Continued)

6. Give 2 breaths.

- Open the airway to a slightly past-neutral position using the head-tilt/chin-lift technique.
- Ensure each breath lasts about 1 second and makes the chest begin to rise; allow the air to exit before giving the next breath.

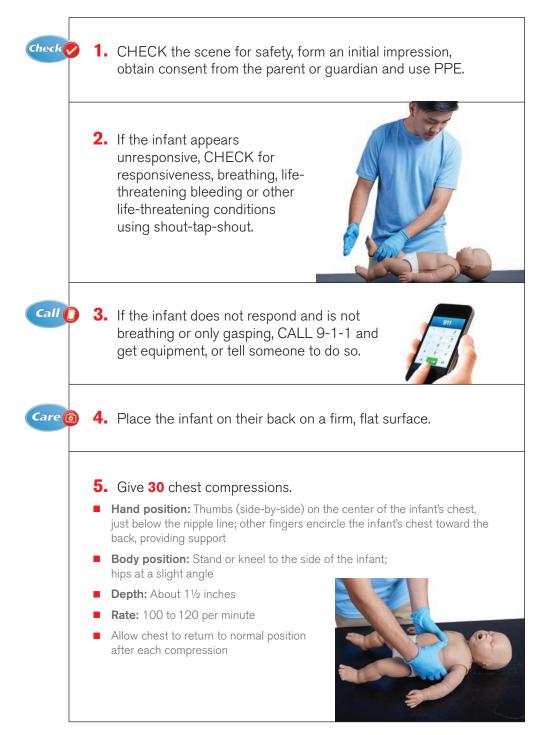


Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway.

 Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

30:2

Giving CPR—Infant



Giving CPR—Infant (Continued)

6. Give 2 breaths.

- Open the airway to a neutral position using the head-tilt/chin-lift technique.
- Ensure each breath lasts about 1 second and makes the chest begin to rise; allow the air to exit before giving the next breath.

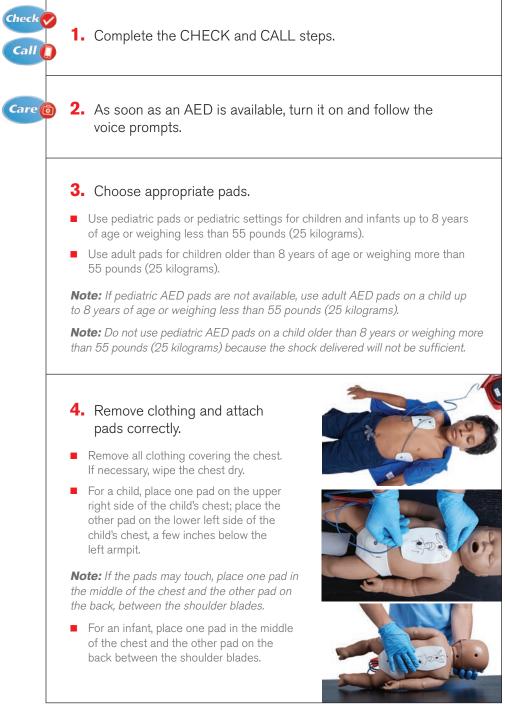


Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway.

 Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

30:2

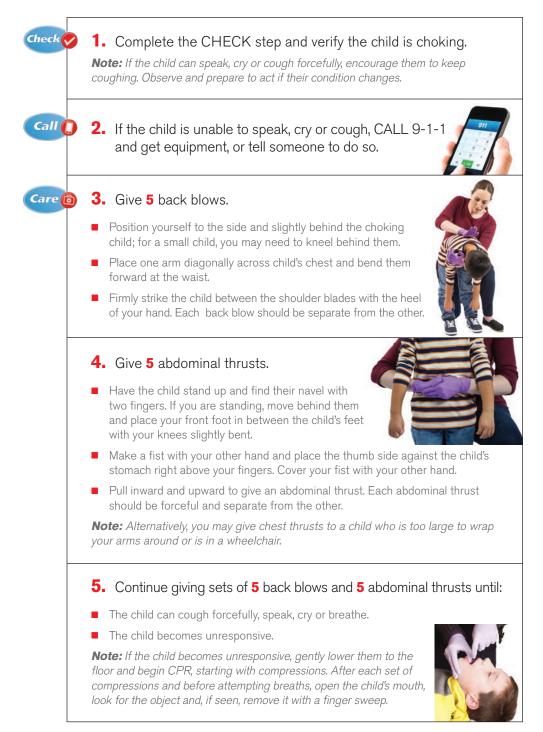
Using an AED



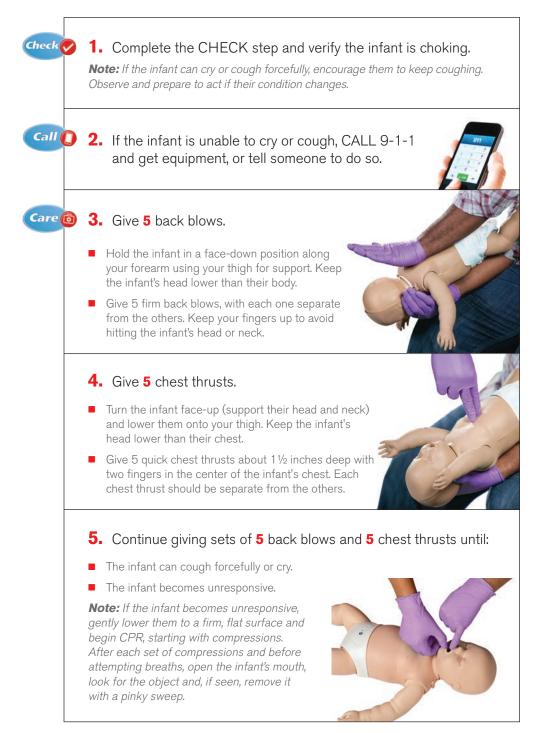
Using AED (Continued)



Caring for Choking—Child



Caring for Choking—Infant



Using Direct Pressure for Bleeding

 CHECK the scene for safety, form an initial impression, obtain consent and use PPE.

Check 🕜



Call 2. Immediately CALL 9-1-1 and get equipment, or tell someone to do so.

Care 🙆 3. Find the source of the bleeding.

4. Tell the child to expect pain from the pressure needed to control the bleeding.

5. Place a dressing on the wound.

 Use a hemostatic dressing if available and bleeding is life-threatening.



Using Direct Pressure for Bleeding (Continued)

6. Apply steady, firm pressure directly over the wound.

- Put one hand on top of the dressing and put your other hand on top.
- Position your shoulders over your hands and lock your elbows.
- Push down as hard as you can.

Note: If blood soaks through the original gauze pad, you do not need to do anything, but you can put another gauze pad on top. Replace the new gauze pad if blood soaks through the pads. DO NOT remove the original gauze pad and DO NOT stack multiple gauze pads.



Apply a roller bandage only if bleeding stops before EMS arrives.

- Apply the bandage over the dressing and secure it firmly.
- Check for circulation beyond the injury before and after applying the bandage.



8. Monitor for re-bleeding. If bleeding reoccurs:

- Do not apply an additional dressing or bandage.
- Remove the bandage and leave only the single dressing on the wound in place.
- Apply direct manual pressure.

9. After giving care, remove your gloves and wash your hands.