

Cardiopulmonary resuscitation (CPR) for children

Children 0–1 year

Children 1–18 years

1

Unconscious?



Help!



Help!

2

Open the airway
Breathing normally?



3

No breathing or abnormal breathing

Give 5 rescue breaths

Blow until the chest rises



4

Call 112

Turn on your phone's speakerphone

5

Start CPR

15 chest compressions and 2 rescue breaths



Compression depth 1/3 of the chest's depth, 4–6 cm depending on age. Rate: 100–120/min.

If an AED is available, turn it on and follow its instructions.

Continue CPR at 15:2 until the child wakes up or ambulance personnel take over.

Adults

If the child looks like an adult, adult CPR technique may be used. In adults, cardiac arrest is often caused by life-threatening abnormal heart rhythms. If the person is unconscious and not breathing normally, call 112 and start CPR at 30:2. Compression depth: 5–6 cm. Rate: 100–120/min. If an AED is available, turn it on and follow its instructions. Continue CPR.

To find the nearest AED, visit
hjärtstartarregistret.se.

Learn to rescue lives! Become a certified life rescuer!
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Baserad på HLR-rådet och European Resuscitation Council

