

Ped-Figure 4: Basic Life Support (BLS) for Lay Rescuers

Pediatric BLS for Lay Rescuers

STEP 1

Make sure the scene is safe.

Check to see if the person is awake and breathing normally.



STEP 2

Shout for help.

If you're alone

- With a cell phone, phone 9-1-1, perform CPR (30 compressions and then 2 breaths) for 5 cycles, and then get an AED
- Without a cell phone, perform CPR (30 compressions and then 2 breaths) for 5 cycles, and then phone 9-1-1 and get an AED

If help is available, phone 9-1-1. Start CPR while you send someone to get an AED.



STEP 3

Repeat cycles of 30 compressions and then 2 breaths.

■ Child CPR

Push in the middle of the chest at least one third the chest depth or approximately 2 inches with 1 or 2 hands.



■ Infant CPR

Push in the middle of the chest at least one third the chest depth or approximately 1½ inches with 2 fingers.



Use the AED as soon as it arrives.

Continue CPR until EMS arrives.