

Pediatric BLS (1 Year of Age to Puberty) for Lay Rescuers

1. Call for help



Act fast and get help.

- If the child or infant is unresponsive, shout for help.
- Call 911.
- Ask someone to get an AED.
- If the child or infant is not breathing normally, **immediately start CPR.**

2. Give compressions *and* breaths



Children and infants need compressions *and* breaths!

- Start CPR. Use the heel of 1 hand (for infants) or 2 hands (for children) to push hard and fast in the center of the chest.
- After 30 compressions, give 2 breaths.
- Continue giving 30 compressions and 2 breaths until the AED or medical help arrives.

3. Use the AED



When that AED arrives, use it immediately!

- Turn on the AED and follow the prompts.
- Use child or infant pads, if available; if using adult pads, make sure the pads do not touch each other.
- Continue CPR and breaths until medical help arrives.