

CPR

cardio pulmonary resuscitation

for babies and children

A summary by Janko von Ribbeck



2 breaths

Where: Baby: mouth & nose, infant: mouth (or nose)

How: Slightly lift the chin

alternating, same for adults

30 compressions

Where: Simply in the middle of the breastcage

How: Hard: harder than you think, don't worry
Fast: quicker than you think

When: Lifeless, the child isn't breathing - listen with your ear
don't search for the pulse

112: After 1 minute of CPR call 112 or 911
Adults: call 112 immediately

Please note

You can't do much wrong!

Press with 2 fingers or the palm of your hand: 100-120x per minute

Start with 5 initial breath (Supplies oxygen. Intense stimulation)

Drowning: standard CPR, don't remove water

Adults: same ratio: „2:30“



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