



**MEDIC**  
**First Aid**

**AMERICAN SAFETY &  
HEALTH INSTITUTE**



# PEDIATRIC FIRST AID | CPR AED

skill guide  
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Please note: The scenarios and treatment sequences depicted in this program are fictitious dramatizations. Consequently, they represent an imperfect simulation of reality. To clearly demonstrate skills, first aid and/or CPR and AED providers may not always be shown wearing appropriate PPE.





# PROCEDURE FOR PEDIATRIC FIRST AID | CPR AED

## PEDIATRIC FIRST AID | CPR AED PROVIDER

### PERFORM AN ASSESSMENT

Assess  
Scene Safety

Take  
Standard Precautions\*

Assess  
Responsiveness

Activate  
EMS and/or EAP<sup>†</sup>

Send Someone to  
Get a First Aid Kit & AED  
(unless readily available to you)

ASSESS BREATHING FOR NO MORE THAN 10 SECONDS

#### RESPONSIVE, BREATHING

##### ▶ OBTAIN CONSENT

- ✓ Obtain consent from a parent or legal guardian, if readily available.
- ✓ Introduce yourself and let the child know you are there to help.
- ✓ Assess for life-threatening conditions. If present, immediately provide appropriate first aid.
- ✓ Give naloxone for suspected opioid overdose (if available).
- ✓ If a child shows signs of shock, and there is no difficulty breathing, keep them lying down, face up.

#### UNRESPONSIVE, BREATHING NORMALLY

##### ▶ MAINTAIN AN OPEN AIRWAY

- ✓ Place an uninjured, unresponsive child on their side in the recovery position to help protect the airway.
- ✓ Cradle an infant in your arms, with their head tilted downwards.
- ✓ Assess for life-threatening conditions. If present, immediately provide appropriate first aid.
- ✓ Give naloxone for suspected opioid overdose (if available).

#### UNRESPONSIVE, NOT BREATHING NORMALLY OR ONLY GASPING

##### ▶ START CONVENTIONAL CPR

- ✓ Position child or infant on a firm, flat surface.
- ✓ Perform cycles of 30 high-quality chest compressions and 2 rescue breaths.<sup>§</sup>
- ✓ If alone after about 2 minutes, activate EMS and/or EAP and get an AED (if not already done).
- ✓ Return to the infant or child, continue CPR, and use the AED.
- ✓ Give naloxone for suspected opioid overdose (if available).

#### ▶ PERFORM A SECONDARY ASSESSMENT

- ✓ Ask the child, parent, or legal guardian to describe the current problem.
- ✓ Look for medical identification jewelry.
- ✓ Visually assess the child from head to toe.
- ✓ Look for Deformities and Open injuries. Ask about Tenderness and Swelling. (DOTS)
- ✓ Provide appropriate first aid for any problems found.

UNRESPONSIVE, NOT BREATHING NORMALLY. USE THE AED AS SOON AS IT IS AVAILABLE.  
APPLY PADS TO BARE CHILD OR INFANT'S SKIN ACCORDING TO THE PICTURES. FOLLOW AED PROMPTS

SHOCK ADVISED?

YES

NO

- ✓ Clear the child/infant.
- ✓ Give 1 shock.
- ✓ Immediately resume high-quality CPR.
- ✓ Follow AED prompts.

- ✓ Immediately resume high-quality CPR.
- ✓ Follow AED prompts.

CONTINUE UNTIL OTHER CPR OR EMS PROVIDERS TAKE OVER OR THE PERSON STARTS RESPONDING  
(BREATHING, MOVING, REACTING).

\* Use appropriate personal protective equipment (PPE) to protect against possible exposure to infectious agents. PPE may include gloves, goggles or face shields, surgical masks, gowns, respirators, and CPR masks. Wash your hands immediately after removing gloves.

† If you are not sure an emergency exists or when any person is unresponsive, badly hurt, looks or acts very ill, or quickly gets worse - call 911 to activate Emergency Medical Services (EMS) using a mobile device and/or activate your emergency action plan (EAP). Listen to the dispatcher's instructions.

§ In the case of drowning, begin with 2 rescue breaths. Child Compressions: Push in the middle of the chest about 2 inches with one or two hands. Infant Compressions: Push in the middle of the chest about 1 ½ inches with 2-Finger or 2 Thumb-Encircling Hands Technique. Rescue breaths are extremely important for infants and children. If unwilling or unable to provide rescue breaths, perform compression-only CPR because it is better than no CPR.

Life-threatening conditions in children include: Unresponsiveness, altered mental status, difficult, severe allergic reaction or no breathing, pale, gray or ashen, sweaty, cool skin, or blue-tinged nail beds and lips, confusion, headache, or vomiting after a head injury, seizures, severe or increasing pain, severe external bleeding, large burns or those involving the hands, feet, groin, joints, chest, or face, severe neck stiffness or rash with headache and fever, a suddenly spreading purple or red rash, significant dehydration, a large amount of blood in the stool, hot or cold weather related injuries, and situations involving more than one seriously ill or injured child.



# CHILD – ASSESSMENT

## one ASSESS SCENE

- Assess scene safety, taking standard precautions.



## four ASSESS BREATHING



- Assess the child's breathing for no more than 10 seconds. Look at the chest and face for signs of normal breathing.
- Take action based on the child's responsiveness and breathing.

## two ASSESS RESPONSIVENESS

- If the scene is safe, assess responsiveness. If the child appears unresponsive, tap them, and ask loudly, **"Are you okay?"**



## three ACTIVATE EMS/ EAP & GET AED

- If the child is unresponsive, activate EMS and/or your EAP.
- After activating, and unless they are readily available to you, send someone to get a first aid kit and an AED.



# USING MALLEABLE SPLINTS (OPTIONAL)

## one ASSESS INJURED LIMB

- Ensure there are no other life-threatening injuries or illnesses.
- Gently expose and inspect the injury site for open wounds.



## two PREPARE TO SPLINT

- Manually stabilize the limb until splinted (if another provider can assist).
- Fold and shape the splint to make it rigid and match the contours of the limb.



## three APPLY SPLINT

- Place the splint to immobilize the injury site, along with the joints above and below it.
- If the hand is involved, place a roller gauze or elastic bandage in the child's hand to keep it in a natural position of function.
- Secure the splint to the limb.



## four MONITOR LIMB

- Monitor the limb for signs of poor circulation, like coolness, discoloration, or numbness.



# SCENARIO SHEET ONE

[Fill in the blank to adjust to your occupational setting: childcare, camps, school, entertainment, recreation, sports, etc.]

You are a pediatric first aid provider responding to a call from [the overhead paging system] for a child who lost consciousness. Upon arrival at the scene, you see an anxious person kneeling next to a motionless child lying face up on the [lobby floor]. “She said she felt dizzy and then passed out.” Demonstrate what actions you would take next.

PROCEDURE	PROVIDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
<b>Assess Scene Safety</b>	<ul style="list-style-type: none"> <li>▶ Pause and make sure the scene is safe for you and the person.</li> <li>▶ Take or verbalize standard precautions with appropriate PPE.</li> </ul>	<b>Scene is safe.</b>
<b>Assess Responsiveness</b>	<ul style="list-style-type: none"> <li>▶ Tap the child and ask loudly, “Are you okay?”</li> </ul>	<b>Child is unresponsive.</b>
<b>Activate EMS and/or EAP and Get AED</b>	<ul style="list-style-type: none"> <li>▶ Activate EMS and/or EAP.</li> <li>▶ Send someone to get the first aid kit and an AED (unless they are readily available to you).</li> </ul>	<b>Activated.</b> <b>A coworker is getting the first aid kit and an AED.</b>
<b>Assess Breathing</b>	<ul style="list-style-type: none"> <li>▶ Assess the child’s breathing for no more than 10 seconds.</li> <li>▶ Look at the chest and face for signs of normal breathing.</li> </ul>	<b>Unresponsive child is breathing normally.</b>
<b>END SCENARIO. WHAT WENT RIGHT? WHAT NEEDED IMPROVEMENT?</b>		

# SCENARIO SHEET TEN

[Fill in the blank to adjust to your occupational setting: childcare, camps, school, entertainment, recreation, sports, etc.]

You are a trained pediatric CPR provider who has responded to [an emergency text alert] for an 8-month-old infant found unresponsive in [a parked car in the mall parking lot]. Upon arrival at the scene, an untrained [bystander] points toward a motionless infant [in the back seat]. You have a CPR mask with a one-way valve and a first aid kit. There is no AED nearby. The car is unlocked. Demonstrate what actions you would take next.

PROCEDURE	PROVIDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
<b>Assess Scene Safety</b>	<ul style="list-style-type: none"> <li>▶ Pause and make sure the scene is safe for you and the infant.</li> <li>▶ Take or verbalize standard precautions with appropriate PPE.</li> </ul>	<p><b>Scene is safe.</b></p> <p><b>Take standard precautions.</b></p>
<b>Assess Responsiveness</b>	<ul style="list-style-type: none"> <li>▶ Tap the infant and ask loudly, “Are you okay?”</li> </ul>	<p><b>Infant is unresponsive.</b></p>
<b>Activate EMS and/or EAP and Get AED</b>	<ul style="list-style-type: none"> <li>▶ Activate EMS or EAP.*</li> <li>▶ Send someone to get the first aid kit and an AED (unless they are readily available to you).</li> </ul>	<p><b>Activated.</b></p> <p><b>Send someone to get a first aid kit and an AED.</b></p>
<b>Assess Breathing</b>	<ul style="list-style-type: none"> <li>▶ Assess the infant’s breathing for no more than 10 seconds.</li> <li>▶ Look at the chest and face for signs of normal breathing.</li> </ul>	<p><b>The infant is not breathing.</b></p>
<b>Perform Compressions</b>	<ul style="list-style-type: none"> <li>▶ Position the infant face up on a firm, flat surface.</li> <li>▶ Use one of the three hand-position techniques for chest compressions.</li> <li>▶ Perform 30 high-quality chest compressions.</li> </ul>	<p><b>Perform 30 high-quality chest compressions.</b></p> <p><b>Count out loud.</b></p>
<b>Give Rescue Breaths and Repeat Cycles</b>	<ul style="list-style-type: none"> <li>▶ Use a CPR mask. Open the airway and give 2 rescue breaths.</li> <li>▶ Give enough air to create a visible rise of the chest, but no more.</li> <li>▶ Immediately resume high-quality chest compressions. Repeat CPR cycles of 30 compressions and 2 breaths for two minutes.</li> </ul>	<p><b>Open the airway and give 2 rescue breaths.</b></p> <p><b>Immediately resume high-quality chest compressions. Repeat CPR cycles of 30 compressions and 2 breaths for two minutes.</b></p>
<b>END SCENARIO. WHAT WENT RIGHT? WHAT NEEDED IMPROVEMENT?</b>		

\*If you are alone without a mobile device or are unable to activate EMS or your EAP right away, give two minutes of CPR before carrying an uninjured infant with you to get an AED and activate EMS and/or your EAP.



# SCENARIO SHEET TWENTY\* (OPTIONAL)

[Fill in the blank to adjust to your occupational setting: childcare, camps, school, entertainment, recreation, sports, etc.]

You are a trained first aid provider responding to the [school emergency notification system] for [a teacher] who collapsed. Upon arrival at the scene, [a student] points toward a motionless adult lying on their side on the [classroom floor]. “Over there!” Demonstrate what actions you would take next.

PROCEDURE	PROVIDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
<b>Assess Scene Safety</b>	<ul style="list-style-type: none"> <li>▶ Pause and make sure the scene is safe for you and the person.</li> <li>▶ Take standard precautions with appropriate PPE.</li> </ul>	<b>Scene is safe. Take or verbalize standard precautions with appropriate PPE.</b>
<b>Assess Responsiveness</b>	<ul style="list-style-type: none"> <li>▶ Tap the victim and ask loudly, “Are you okay?”</li> </ul>	<b>Person is unresponsive.</b>
<b>Activate EMS and/or EAP and Get AED</b>	<ul style="list-style-type: none"> <li>▶ Activate EMS and/or EAP.</li> <li>▶ Send someone to get the first aid kit and an AED (unless they are readily available to you).</li> </ul>	<b>Activated. Another trained provider is bringing the first aid kit and an AED.</b>
<b>Assess Breathing</b>	<ul style="list-style-type: none"> <li>▶ If an unresponsive adult or teen is not breathing normally or only gasping, start compression-only CPR.</li> <li>▶ Position the adult or teen face up on a firm, flat surface.</li> </ul>	<b>The person is not breathing normally. The person is making occasional snorting sounds.</b>
<b>Perform Compression-Only CPR</b>	<ul style="list-style-type: none"> <li>▶ Push hard and fast in the center of the chest.</li> <li>▶ If another person is available, take turns performing compressions. Switch quickly, about every two minutes.</li> <li>▶ Continue until trained CPR or EMS providers take over or the person starts responding by breathing, moving, or reacting.</li> </ul>	<b>Perform compression-only CPR.</b>
<b>END SCENARIO. WHAT WENT RIGHT? WHAT NEEDED IMPROVEMENT?</b>		

\*For adults and teens in cardiac arrest, untrained bystanders and persons not trained in CPR should perform compression-only CPR, with or without dispatcher assistance. CPR using chest compressions with rescue breaths should be provided to infants and children in cardiac arrest. If unwilling or unable to deliver breaths, perform compression-only CPR, as it is preferable to no CPR.

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