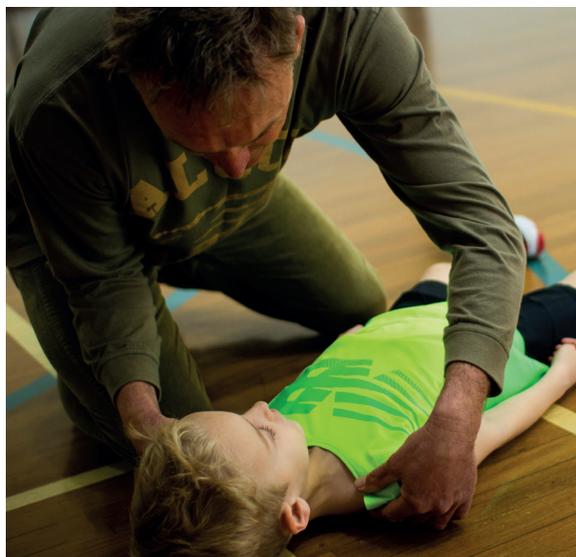


Every day, approximately 70 Australians need Cardio-Pulmonary Resuscitation (CPR) in the community. CPR is a life-saving practice which involves compressions and rescue breaths. Chest compressions pump blood around the body to the important organs, and breaths provide oxygen.

As it can take an ambulance, on average, 10 minutes to get to an emergency, it is important that people in the community know how to perform CPR.

**If your child stopped breathing today, would you know what to do?**

The Children's Hospital at Westmead has developed a **free online program, 'CPR Training for Parents,'** to teach the steps involved in CPR for a baby (aged less than 12 months) or a child (aged over one year). These steps can also be used on an adult.



**The knowledge and skills you learn in this program today, may SAVE a LIFE tomorrow. Remember, ANY attempt at CPR is better than no attempt.**

## CPR Training for Parents

CPR Training for Parents is available at [cprtrainingforparents.org.au](http://cprtrainingforparents.org.au) and does not require you to login. It will take approximately 1.5 hours to complete all of the seven modules, which can also be done separately.

**Modules available in the training program include:**



For more child health and safety information from The Children's Hospital at Westmead, visit [kidshealth.schn.health.nsw.gov.au](http://kidshealth.schn.health.nsw.gov.au)

KIH3196/0316

## CPR Training for Parents

[cprtrainingforparents.org.au](http://cprtrainingforparents.org.au)



**WHAT WOULD YOU DO IF YOUR CHILD STOPPED BREATHING?**

**kids health**  
the children's hospital at Westmead  
Child Health Promotion Unit

 The Sydney children's Hospitals Network  
care, advocacy, research, education

# DRS ABCD approach for baby and child

**D** Check for **DANGER** to yourself, the child and anyone else in the area  
**Is there a danger?**

Yes →  
← No  
Remove the danger or remove the child away from danger

**R** Check for **RESPONSE**  
Is the child opening their eyes or making a noise when you touch or talk to them?  
**Is the child responsive?**

Yes →  
← No  
Stay with the child to make sure they recover

**S** **SEND FOR HELP** by calling triple zero (000) and asking for an ambulance

**A** Open the child's **AIRWAY**

	
<b>Baby airway</b>	<b>Child airway</b>
Place the baby in a neutral position and use a chin lift	Use a head tilt and a chin lift

**B** Check if the child is **BREATHING** normally  
Look, listen and feel for up to 10 seconds  
**Is the child breathing normally?**

Yes →  
← No  
Place the child in the recovery position and check them regularly while you wait for the ambulance to arrive

**C** Start **CPR**  
Push down 1/3 of the depth of the chest, at a rate of 100-120 compressions per minute  
Continue until the ambulance arrives and takes over or the child begins to respond

	
<b>Baby CPR</b>	<b>Child CPR</b>
30 compressions	30 compressions
2 breaths	2 breaths

**D** If a **DEFIBRILLATOR** or **AED** is available, turn it on and follow the prompts