This leaflet is intended as a simple aide memoire to complement a teaching session.

**S** - Safety

**S** - Stimulate

**S** - Shout

**A** - Airway

**B** - Breathing

**C** - Circulation

**Call 999**

**Basic Life Support**

1. Safety, ensure you and child are safe
2. Place child on firm surface
3. Stimulate the child, pull hair, tickle feet
4. Shout for help

Check the airway (baby) - look in the mouth

Check the airway (child) - look in the mouth
Check breathing (baby) - listen and place cheek near nose/mouth

Check breathing (child) - listen and place cheek near nose/mouth

If not breathing? Give 5 ventilation breath’s, enough to see the chest rise

No signs of life?
Start chest compressions 30 chest compressions to 2 breaths
Place two fingers on centre of chest and compress down one third of the chest at rate of 100 to 120 per minute

Heel of hand in centre of chest for older child

Continue to give 30 chest compressions to 2 breaths for ONE minute.
After ONE minute call 999
Continue chest compressions and breaths until ambulance or help arrives
Choking

Safety

Encourage to cough

Shout for HELP

Back blows

If still choking

Abdominal thrust (child)

Chest thrust (baby)

If still choking
repeat back blows and chest thrusts (baby) or abdominal thrusts (child)

Resuscitation Council (UK)

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Source: Critical Care
Reference: 6169-1
Issued: 12/3/18
Review date: 12/3/20