



Emergency Procedures for Infants and Toddlers

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The following information is designed to give you general guidelines and is not intended, nor can it fully substitute, hands-on training in Cardio-pulmonary Resuscitation (CPR), and other emergency procedures. When performed correctly, CPR can save a child's life by restoring breathing and circulation until advanced life support can be given by professional health care providers.

All family members who reside in a home with a swimming pool, spa, or hot tub should become familiar with the guidelines to perform CPR for both adults and children. The guidelines to performing CPR on children are somewhat different from those for adults.

If you have infants and/or children aged 8 and under, or if other children regularly and routinely visit your household, it is especially important for you to learn proper emergency procedures including CPR.

Cardio-pulmonary Resuscitation (CPR) is the combination of techniques that includes rescue breathing and chest compressions. Rescue breathing is performed for respiratory arrest when breathing stops. Chest compressions are performed along with rescue breathing when a pulse cannot be found and the heart has stopped beating.

CPR training is generally available within your community from such organizations as the Canadian Red Cross, St. John Ambulance, and your local Fire Department. Every parent should know how and when to administer CPR.



Prepare for an Emergency

Poolside rescue equipment, including a ring buoy with an attached line and/or a long handled hook, should be available to assist in removing the child from the water. This equipment should never be used for play.

Emergency procedures should be clearly written and posted in the pool or spa/hot tub area.



In Case of Emergency

- ➔ Dial 9-1-1 to access all emergency services - Ambulance, Police and Fire departments.
- ➔ It is advisable to have a cordless telephone available in the pool or spa/hot tub area.
- ➔ Stay calm and give clear information. Be prepared to provide the following information to the Emergency Medical Dispatcher:
 - ▶ your name
 - ▶ location (address or landmark)
 - ▶ telephone number of your location, if applicable
 - ▶ The apartment number and access code, if applicable
 - ▶ a description of what is happening
 - ▶ what time the incident occurred
 - ▶ how many people need help
 - ▶ the condition of the child/children
 - ▶ what kind of assistance is presently being administered
- ➔ Do not hang up the phone until the Emergency Medical Dispatcher says that it is safe to do so.



- ➔ After you have given your information to the Emergency Medical Dispatcher, the following points will help the paramedics to help you.
- ➔ Clear a path to the patient - move furniture and unlock doors
- ➔ If possible have someone meet the ambulance

- ➔ Be sure your house number is clearly visible from the street
- ➔ If you live in a house turn on the outside lights at night
- ➔ If you live in an apartment try to meet the ambulance at the lobby door and have the elevator ready.
- ➔ **Do not** move the patient, unless life is threatened.

Paediatric Cardio-pulmonary Resuscitation (CPR)



This guideline is to help you prepare, if and when, an infant/child drowning should occur. In the vast majority of incidents of near drownings, you can save the life of the infant/child by using rescue-breathing techniques.

The seconds and minutes following the moment an infant/child is found unconscious are crucial in saving their life. CPR is a beneficial skill in this situation; however, it is recommended that you learn CPR and gain certification from a professional organization.

There are also guidelines for cardiac support, in those cases where no pulse or heartbeat is present. Performing these techniques requires extreme care and hands-on practice in a CPR instruction course. Knowing the steps of CPR to help a drowning infant is not a substitute for taking a class and becoming certified.

Guidelines for Rescue Breathing



- ➔ Instruct someone to call 911 **ONLY** if others are around.
- ➔ **DO NOT** leave the infant alone to call 911.
- ➔ Check the infant's level of consciousness. Rub and talk to the infant to see if he/she responds at all. If he/she does not move or make any noise, perform CPR.
- ➔ Even if the child is conscious, you should immediately dial '911' or the emergency medical

services number in your area. If the infant is unconscious, follow the procedures below:

- ➔ Tilt the child's head back slightly to open the airway.
- ➔ Place your ear and cheek over the child's face to check for breathing. Note if you feel the child/infant's breath on your cheek. Watch to see if his/her chest is rising and falling. Do not check for longer than 10 seconds.
- ➔ Deliver two rescue breaths by placing your mouth over the child's mouth and squeezing the nose shut. On an infant, perform two rescue breaths by placing your mouth over the mouth and nose. Watch to make sure his/her chest rises with each breath you blow in, indicating the breaths have entered the lungs.
- ➔ Check for a pulse rate for 5 to 10 seconds at the carotid artery in the neck. In an infant, check the brachial artery, found on the inside of the upper arm. If there is a pulse, resume rescue breathing. If there is no pulse or if the pulse is weak, begin chest compressions.
- ➔ Perform two-hand chest compressions on children age 1 to puberty.
- ➔ You may perform one-hand compressions on smaller children.
- ➔ On infants, use two fingers between the nipples. Perform 30 chest compressions.
- ➔ Repeat the cycle of two rescue breaths to 30 compressions five times. Once you have completed that cycle, contact 911.

WARNING

- Improper CPR can lead to further injury by blowing air into the stomach or not opening the airway properly to deliver the rescue breaths.
- Chest compressions performed at the wrong landmark on the chest can cause injuries to internal organs.

VIDEOS

Please click on the following links to view videos courtesy of St. John Ambulance:

[CPR Chest Compressions for Infants](#)

Learn how to give CPR chest compressions to an infant or small child in this free video clip on basic first aid.

[Infant Child CPR Instructions](#)

Learn how to give CPR to an infant or child in this free video on basic first aid.

[First Aid for a Choking Infant or Small Child](#)

Learn how to administer first aid to a choking infant or small child in this free video clip on first aid and CPR.

Current CPR Guidelines

Learn the basics of CPR for children and adults, including current CPR guidelines in this free video clip on basic first aid. Please click on the heading to view the video.

