

INFANT CPR UNDER 1 YEAR

IN AN
EMERGENCY
CALL

911

1. Attempt to wake the infant and call for help.



If the infant is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.

2. Begin chest compressions.

If the infant is not breathing, place three fingers on the center of the chest below the infant's nipples. Push straight down on the chest at least 1 - 1 1/2 inches (3-4 cm) or a third of the child's body. Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.

It's normal to feel pain and fatigue when you first begin chest compressions. DON'T STOP! You're not going to make the victim worse.



30 Compressions

3. Open the airway.

After 30 compressions, open the infant's airway using the head-tilt, chin-lift method. Place your mouth over the infant's nose and mouth making a seal with yours.



4. Begin rescue breaths.

Give the infant a breath just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of at least 100/minute.



2 Breaths

5. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

30 Compressions



6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 (unless you're skipping the rescue breaths). Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).

2 Breaths

