

Infant CPR

1 Check the Scene

- make sure it is safe for you to help.
Don't become another victim.

2 Check the Victim

- tap and shout to get response.

Call for Help

3

- If no response, tell someone to call 9-1-1.
If you are alone, perform 5 cycles of CPR **First**, then call 9-1-1.
Call 9-1-1 for any unconscious victim, including an infant that is breathing.

Circulation

C

- pump the chest 30 times.
Place **two fingertips of one hand** in the center of the chest.
Press chest down about 1 1/2 inches at a rate of 100 per minute (16 in 10 seconds).

A

Airway

- tilt head back, lift chin up to open airway.

Breathing

B

- Take a normal breath, cover victim's mouth and nose with your mouth, and give a breath until the chest rises.
Give a second breath. Take about 1 second per breath.
If chest doesn't rise, open airway again.

Repeat C - A - B until help arrives or the victim revived then turn them on their side, until professional help arrives or too exhausted to go on.

Child CPR:

1 Check the Scene

- make sure it is safe for you to help.
Don't become another victim.

2 Check the Victim

- tap and shout to get response.

3 Call for Help

- If no response, tell someone to call 9-1-1.
If you are alone, perform 5 cycles of CPR **First**, then call 9-1-1.
Even if the child is breathing, call 9-1-1 for any unconscious victim.

C Circulation

- pump the chest 30 times.
Place the heel of one hand in the center of the chest and your other hand on top of it.
Press chest down about 2 inches at a rate of 100 per minute (16 in 10 seconds).

A Airway

- tilt head back, lift chin up to open airway.

B Breathing

- Pinch nose closed, take a normal breath, cover victim's mouth with yours and blow out your breath until you see the chest rise. Give a second breath. Take about 1 second per breath. If chest doesn't rise, open airway again.

Repeat C - A - B

. until the victim is revived then turn them on their side, until professional help arrives or too exhausted to go on

Adult and Child Conscious Choking:

Check the Scene

- make sure it is safe for you to help the choking victim. Don't become another victim yourself.

Check the Victim

- Ask if they are choking. If they can not cough, speak, or breathe, then they need help.

Call for Help

- Tell someone to call 9-1-1.
If you are alone with an adult, skip this step until later - it's more important to fix the choking.

Back Blows and Abdominal Thrusts

- Give 5 back blows:
 - Stand slightly behind the victim.
 - Place one arm diagonally across the victim's chest for support and lean him forward.
 - With the heel of your other hand, strike the victim firmly between the shoulder blades.
- Give 5 abdominal thrusts:
 - Place the thumb side of your fist just above the victim's belly button.
 - Grab your fist with your free hand.
 - Pull quick, upward thrusts to dislodge the object.

Repeat Back Blows and Abdominal Thrusts

until the object is forced out, the victim can breathe, or the victim becomes unconscious.

Infant Conscious Choking:

Check the Scene

- make sure it is safe for you to help the choking victim. Don't become another victim yourself.

Check the Victim

- If the parent is there, identify yourself and ask if you can help. If the infant cannot cough, cry, or breathe, then they need help.

Call for Help

- Tell someone to call 9-1-1.
If you are alone with an infant, skip this step until later - it's more important to fix the choking.

Blows and Thrusts

- Carefully hold the infant face down on your forearm, your hand supporting its head and neck
- Strike the infant directly between the shoulder blades with the heel of your other hand 5 times
- Turn the infant over and position two fingers in the center of the chest
- Give 5 1/2 to 1 inch deep chest thrusts

Repeat Blows and Thrusts

until the object is forced out, the infant starts breathing, or the infant becomes unconscious.