Infant CPR

St John

first aid

In a medical emergency, call Triple Zero (000) for an ambulance.

What to do for a non-breathing infant

1. **Immediately call triple zero (000) for an ambulance. Do not hang up.**
2. **Start CPR — 30 chest compressions followed by 2 breaths**

1. Place the infant on their back on a firm surface.
2. **Give 30 chest compressions:**
   - locate the centre of the chest (sternum)
   - place 2 fingers (middle and index) over lower half of sternum
   - press down about one third depth of chest.
   - release and repeat compressions (for 30 compressions).
3. **Give 2 breaths:**
   - gently tilt the head back very slightly
   - gently lift the chin to bring tongue away from back of the throat (avoid any pressure under the chin)
   - take a breath and place your lips over mouth and nose of the infant
   - blow steadily for about 1 second
   - watch for the infant's chest to rise and fall
   - take another breath and repeat; this is 2 breaths.
4. Repeat 30 chest compressions and 2 breaths.
5. Continue CPR until the infant starts breathing.
6. If infant starts breathing turn into the recovery position by lying infant face down on adult forearm, supporting head with hand.

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