

Infant CPR under 1 year old

1 Check for Consciousness

1. Shout and tap or flick the bottom of the infant's foot.
2. If there is no response and the infant is not breathing, have someone call 911 and begin chest compressions.

C Compressions - 30 Compressions

1. Position the infant on a flat hard surface.
2. Imagine a horizontal line drawn between the infant's nipples. Place two fingers of one hand just below this line, in the center of the chest.
3. **Compress the chest about 1½ inches.**
4. **Pump at a rate of 100-120 compressions/minute.**



A Airway - Open Airway

After 30 compressions, open the airway by gently tipping the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.

B Breathing - 2 Rescue Breaths

1. Cover the baby's mouth and nose with your mouth.
2. Gently blow until you see his or her chest rise. Let the air escape - the chest will go back down. Then give one more breath.
3. **Give 2 breaths after every 30 chest compressions.**

Continue CPR - Call 911 After 2 Minutes

If you are by yourself keep doing CPR for 2 minutes (about 5 cycles of compressions and breaths) before calling 911. Don't stop CPR until help arrives or the infant becomes responsive.

Child CPR 1 year old to puberty

1 Check for Consciousness

1. Shout their name and tap or shake child's shoulders.
2. If there is no response and the child is not breathing, have someone call 911 and begin chest compressions.

C Compressions - 30 Compressions

1. Position the child on a flat hard surface.
2. Put one or 2 hands on the breastbone directly between the child's nipples.
3. **Compress the chest about 2 inches.**
4. **Pump at a rate of 100-120 compressions/minute.**



A Airway - Open Airway

After 30 compressions, open the airway by gently tipping the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.

B Breathing - 2 Rescue Breaths

1. Cover the child's mouth with your mouth and pinch his/her nose closed with your fingers.
2. Gently blow until you see his or her chest rise. Let the air escape - the chest will go back down. Then give one more breath.
3. **Give 2 breaths after every 30 chest compressions.**

Continue CPR - Call 911 After 2 Minutes

If you are by yourself keep doing CPR for 2 minutes (about 5 cycles of compressions and breaths) before calling 911. Don't stop CPR until help arrives or the child becomes responsive.

Adult CPR

1 Check for Consciousness

Tap the person's shoulder and shout, "Are you OK?"

If there is no response, **CALL 911** Or, shout for someone to call 911.



Perform rescue breaths in adults (2 mouth-to-mouth breaths for every 30 chest compressions) for cases of choking, drowning and overdose.

2 Perform Chest Compressions

1. Position the victim face up on a firm, flat surface.
2. Place the heel of one hand in the center of the chest between the nipples and the heel of the other hand on top.
3. Use your upper body weight (not just your arms) as you **push straight down on the chest between 2 inches - 2.4 inches.**
4. **Push hard and fast at a rate of 100 to 120 compressions/minute.**



Continue CPR on the person until they start breathing normally or help arrives.

Choking First Aid

Observe for signs of choking. If the victim can't cry, cough or speak, shout for someone to **CALL 911**. Do not leave victim to call 911. Immediately follow these steps:

Infants under 1 year old

1 5 Back Blows

1. Sit or kneel down, then hold the infant face down on your forearm with the head slightly lower than the chest.
2. Use the heel of your hand to give **5 quick, firm back blows** between the shoulder blades.

2 5 Chest Thrusts

1. If the above doesn't work, support the infant between your arms and turn face up, with the head lower than the body.
2. Place two fingers on the middle of the chest just below the nipple line. **Give up to 5 quick thrusts down**—about 1 per second.
3. **Repeat the sequence of 5 back slaps and 5 chest thrusts** until the object is expelled or the infant becomes unresponsive.



Adults & Children over 1 year old

3 Apply Thrusts

Apply abdominal thrusts for conscious victims.

To perform abdominal thrusts:

1. **Stand behind the victim.** Wrap your arms around the waist with your arms underneath their armpits.
2. **Make a fist with one hand.** Position it slightly above the victim's navel, thumb side in.
3. **Grasp the fist with the other hand.** Perform quick, forceful inward and upward abdominal thrusts until the object is expelled or victim becomes unresponsive.
4. **Repeat** until the object is dislodged or they become unconscious.



4. **For PREGNANT WOMEN,** apply **chest thrusts** instead of abdominal thrusts.

ALL Unconscious Victims

If victim becomes unconscious while giving choking aid, perform **standard CPR with chest compressions and rescue breaths.** Check the airway for blockage each time before giving breaths.

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470-446-8100